Food Consumption Levels

IN THE

UNITED STATES, CANADA and the UNITED KINGDOM

Third Report of a Special Joint Committee
set up by the Combined Food Board

ISSUED BY
UNITED STATES DEPARTMENT OF AGRICULTURE
PRODUCTION AND MARKETING ADMINISTRATION

1946

ACKNOWLEDGMENTS

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The Committee also wishes to express thanks and appreciation to those members of the staffs of the Statistics Division of the Office of Requirements and Allocations and of the Bureau of Human Nutrition and Home Economics in the Department of Agriculture of the United States, of the Agricultural Branch of the Dominion Bureau of Statistics of Canada, and of the Statistics and Intelligence Division of the Ministry of Food of the United Kingdom, who provided the original data on which this report is based.

LETTER OF TRANSMITTAL

To the Combined Food Board:

Hon. Clinton P. Anderson, *Secretary, United States Department of Agriculture.*

Hon. James G. Gardiner, *Minister of Agriculture, Canada.*

Mr. Maurice I. Hutton, *Head of British Food Mission, Washington, D. C.*

February 15, 1946.

In accordance with the instructions issued to us under the terms of reference of this Joint Committee, we submit herewith the third report on food consumption levels in the United States, Canada, and the United Kingdom.

We have sought and received considerable assistance from many of the former members of the Committee, as well as from other experts in all three countries.

Yours respectfully,

United States	*Canada*	*United Kingdom*
Katharine Jacobson	**J. N. Lewis**	**P. G. H. Barter**
	I. S. McArthur	**W. D. Stedman Jones**
	L. B. Pett	

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THIRD REPORT TO THE COMBINED FOOD BOARD FEBRUARY 1946

INTRODUCTION

This third report to the Combined Food Board on food consumption levels in the United States, Canada, and the United Kingdom was prepared after VJ-day, and special attention has therefore been given to the recapitulation of comparable data for the three countries from the base period 1935–39 up to 1945. Tables are included showing per capita food supplies both as commodities and as nutrients for the whole period. In some cases these data have been revised in the light of later knowledge to provide the greatest possible comparability throughout the years under discussion.

The first and second reports [1] drew attention to the marked changes in the rates of consumption which took place in the three countries during the war years. They also showed the differences between the countries in the levels of consumption of the various commodities and the extent to which substitution of one food for another occurred. These reports dealt particularly with the changes during the period 1940–44. The third report reviews the changes between 1944 and 1945, and compares the civilian supplies in these years with the supplies available to civilians before the war and during the war years.

Further, since 1945 proved to be a year of grave shortages as well as the year of transition from war to peace, special consideration is given for certain commodities to a review of the first half of 1945 as against the last half. So far as is possible at this time, this approach takes account of decreases in military procurement for the last half of 1945. In addition, changes which have occurred in the international methods of financing imports and exports after VJ-day must be reflected to a varying degree in the amounts of food available in the three countries; the effect of these changes cannot yet be finally assessed.

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[1] FOOD CONSUMPTION LEVELS IN THE UNITED STATES, CANADA, AND THE UNITED KINGDOM (published April 1944). For sale by the Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C.; or Edmond Cloutier, Printer to the King's Most Excellent Majesty, Ottawa, Canada; or H. M. Stationery Office, London, England. Food Consumption Levels in the United States, Canada, and the United Kingdom (issued by the U. S. Department of Agriculture, December, 1944); for sale by the Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C.

The second report included estimates of per capita food consumption in the calendar year 1944, which had been prepared in September of that year. These estimates have been revised in the third report. Similarly, it must be anticipated that the estimates for 1945, as given in this report, will be subject to amendment when the final count is made. In view of the extremely uncertain outlook for food supplies and distribution during 1946, no forecasts of per capita supplies for that year have been included.

In the second report attention was drawn to certain difficulties in evaluating meat supplies. These problems are being considered by the nutritional authorities in the three countries, but the work has not yet reached a final stage. No major changes have therefore been made in the methods used in the present report though all three countries have introduced some modifications into their own methods, and the United States supplies of nutrients have been entirely recalculated, using a revised table of food composition values.[2]

Chapter 1

SUMMARY

1. The cessation of hostilities in all theaters of war afforded an opportunity to review the wartime food experiences of the civilian populations of the United States, Canada, and the United Kingdom. Regarded solely from the nutritional point of view, food supplies available to civilians of all three countries show certain improvements since 1939. Furthermore, rationing, larger earnings, and controlled prices have led to a more uniform distribution of supplies among the civilian population than was the case before the war. In general it may be said that all three countries have maintained a standard of diet sufficient to ensure health and morale through the war years. There have been, however, important differences in the food situation in the three countries.

2. In the United Kingdom there was an abrupt change in the character of the diet in 1940 and 1941. Supplies of meat, fish, eggs, fats, sugar, and fruit were reduced by amounts ranging, in most instances, from 10 to 50 percent as a result of importing and shipping difficulties; and the gap was filled by a gradual increase in the consumption of grain products, potatoes, vegetables, and milk. In this way the nutritional value of the Nation's food supply was largely restored, but the diet became much plainer and less attractive. On the agricultural side a large expansion was achieved in the home production of crops for direct human consumption and also of fodder crops to replace the imported feed-stuffs no longer available. There was of necessity, however, a marked decline in the production of meat and eggs, but the production of milk was fairly well maintained. (Chart 1.)

After 1941 there was a partial restoration of supplies of meat, fish, cheese, and eggs; and the decline in supplies of fats and sugar was arrested, largely as a result of lend-lease and mutual-aid assistance from the two North American countries. By 1944 some degree of recovery in the over-all British food situation had been attained.

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[2] U. S. Department of Agriculture, Miscellaneous Publication 572, Tables of Food Composition.

Medical Research Council factors on which United Kingdom nutrient evaluation is based are obtainable from H. M. Stationery Office, London.

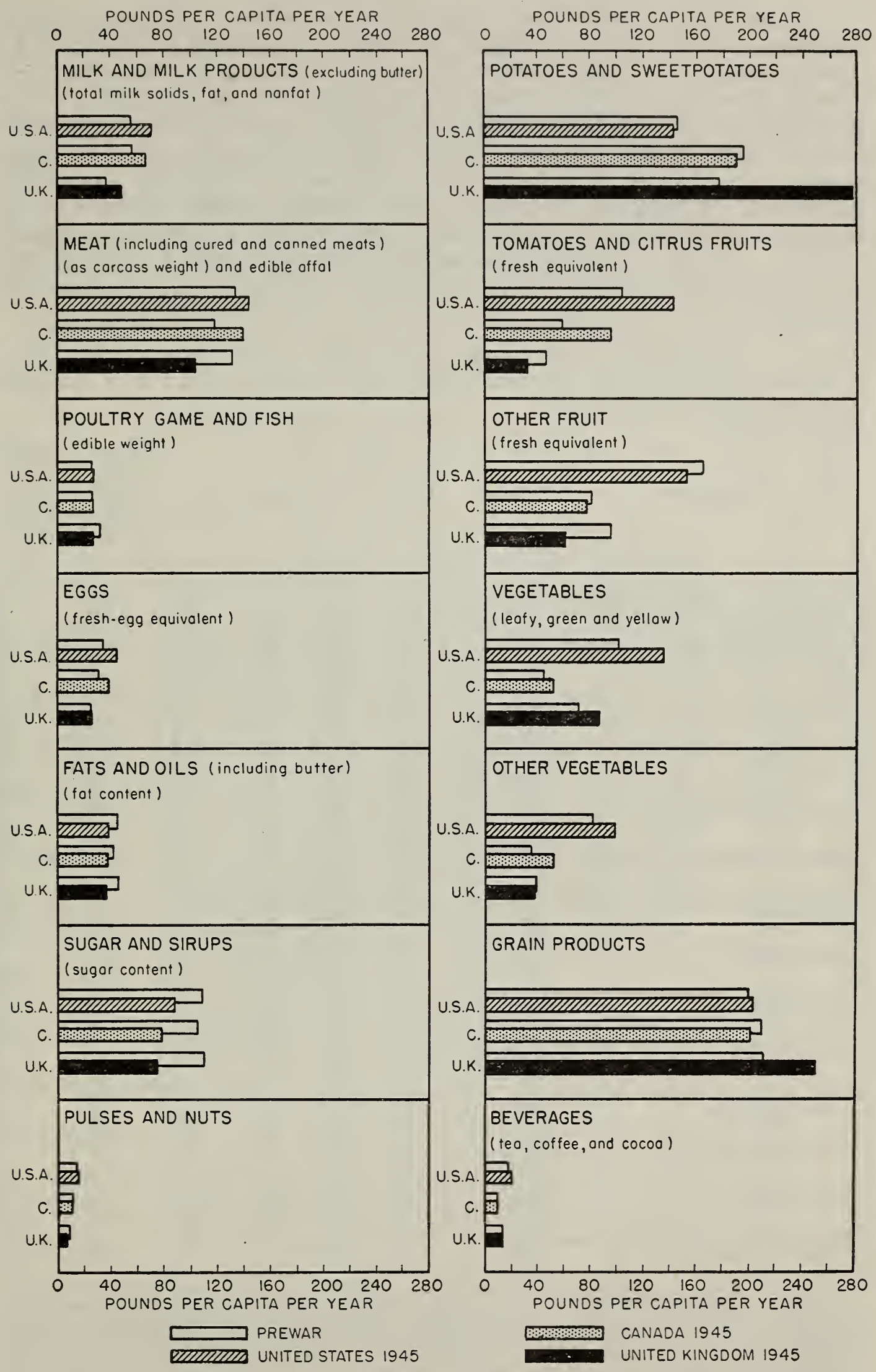

CHART 1.—Supplies moving into civilian consumption per capita per year, in the United States, Canada, and United Kindgom, 1945, compared with prewar.

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3. The United States and Canada were also faced with reduction in supplies of such imported foods as sugar, fats, some fruits, and, for a time, coffee. For most foods, however, including domestic fats, the North American countries were confronted with the problem of expanding production for military and export requirements. In addition, it was necessary to maintain civilian consumption and in many cases to restrict it in the face of increasing purchasing power and expansion of demand. Goals for agricultural production were set up and raw materials were directed to a large extent away from domestic civilian consumption into the manufacture of canned, dehydrated, and other concentrated foods suitable for military requirements and exports.

TABLE 1.—*Estimated supplies moving into civilian consumption in pounds per capita per year, by food groups, United States, Canada, and United Kingdom, prewar, 1941, 1944 and 1945*

Commodity	Country	Prewar	1941	1944	1945	Percentage change 1945 from prewar	Supplies in 1945 as percent of United States, 1945
Milk and milk products, excluding butter, (total milk solids—fat and nonfat)	U. S	55.2	59.2	67.5	71.8	+35	100
	Can	55.8	57.5	67.3	67.6	+21	94
	U. K	38.2	40.6	48.7	49.8	+30	69
Meat (including cured and canned meat as carcass weight) and edible offal.	U. S	134.1	151.4	162.1	143.2	+7	100
	Can	118.4	129.8	149.1	139.7	+18	98
	U. K	131.7	101.8	115.0	103.4	−21	72
Poultry, game, and fish (edible weight).	U. S	25.6	27.9	25.9	27.2	+6	100
	Can	26.0	24.5	29.0	27.3	+5	100
	U. K	32.8	20.0	23.5	27.1	−17	100
Eggs and egg products (fresh egg equivalent).	U. S	34.7	36.1	40.2	44.3	+28	100
	Can	30.7	30.5	36.4	39.0	+27	88
	U. K	24.4	18.4	23.7	24.9	+2	56
Fats and oils (fat content)	U. S	44.7	47.7	42.4	39.9	−11	100
	Can	41.4	44.6	41.0	37.2	−10	93
	U. K	45.5	40.0	38.9	37.0	−19	93
Sugars and sirups (sugar content)	U. S	106.8	114.3	102.7	87.6	−18	100
	Can	104.0	111.0	97.6	79.2	−24	90
	U. K	109.8	70.9	75.6	74.3	−32	85
Potatoes and sweetpotatoes (fresh equivalent).	U. S	144.7	138.9	141.2	140.4	−3	100
	Can	192.9	200.7	199.6	189.7	−2	135
	U. K	176.0	195.2	282.2	278.1	+58	198
Pulses and nuts	U. S	14.9	15.4	16.7	15.2	+2	100
	Can	12.7	12.2	13.1	11.0	−13	72
	U. K	9.6	7.5	7.5	7.0	−27	46
Tomatoes and citrus fruits (fresh fruit equivalent).	U. S	100.3	119.8	141.8	140.5	+40	100
	Can	58.5	76.7	109.3	95.4	+63	68
	U. K	46.3	17.2	31.4	32.6	−30	23
Other fruits and fruit products (fresh fruit equivalent).	U. S	164.1	170.1	158.8	151.3	−8	100
	Can	80.2	95.1	90.8	76.6	−4	51
	U. K	95.0	47.8	68.6	60.5	−36	40
Leafy, green, and yellow vegetables (fresh equivalent).	U. S	101.6	103.5	123.7	133.9	+32	100
	Can	44.2	43.6	47.0	51.7	+17	39
	U. K	70.2	79.9	88.1	85.4	+22	64
Other vegetables (fresh equivalent)	U. S	81.8	85.5	96.3	98.2	+20	100
	Can	34.2	27.4	55.8	51.5	+51	52
	U. K	37.4	29.2	36.8	37.3	----------	38
Grain products	U. S	198.8	197.0	205.0	204.6	+3	100
	Can	208.2	180.5	198.5	200.0	−4	98
	U. K	210.5	256.5	251.1	250.6	+19	122
Beverages (tea, coffee—green beans, cocoa—raw beans).	U. S	19.1	21.1	19.9	20.4	+7	100
	Can	10.9	12.8	10.9	11.1	+2	54
	U. K	14.7	14.6	12.8	13.6	−7	67

NOTES.—(1) The figures in the above table and in all other tables in this report are national averages and should not be taken to represent the actual supply received by each individual consumer.

(2) Throughout the report the prewar base period is the average for the 5 years 1935–39 for the United States and Canada and the average of the 5 years 1934–38 for the United Kingdom.

(3) The figures for fruit, potatoes, and vegetables include an allowance for the estimated production in Victory Gardens and allotments.

(4) United States figures in this table and following tables are basically the same as those published in the National Food Situation of January 1946. For purposes of international comparison, data have been adjusted for classification; for comparable coverage within groups (e. g. offal is included in the meat group), for levels of distribution (e. g. adjustments from farm or processors' level to retail level), and for use of calendar year instead of crop year, and vice versa.

By 1944 civilian consumption of fats and sugars in the two North American countries had declined to a level 10 to 15 percent below 1941, the period immediately prior to Pearl Harbor, and supplies of fish, cheese, and evaporated milk in the United States had also been reduced. Supplies of most other foods were, however, larger in 1944 than in 1941. Since the food position in 1941 represented a recovery from the low-consumption years included in the period 1935–1939, civilian consumption in 1944 of all major foods except fats and sugar was at a level higher than in the period 1935–39.

TABLE 2.—*Estimated supplies of nutrients available for civilian consumption per capita per day, United States, Canada, and United Kingdom, prewar, 1941, 1944 and 1945*

Item	Country	Prewar	1941	1944	1945	Percentage change 1945 from prewar	Supplies in 1945 as percent of United States, 1945
Calories	U. S	3,250 (3,100)	3,440 (3,300)	3,480 (3,300)	3,320 (3,170)	+2	100
	Can	3,110 (3,000)	3,130 (3,050)	3,280 (3,200)	3,080 (3,000)	−1	95
	U. K	3,010	2,820	3,010	2,910	−3	92
Protein:							
Animal—grams	U. S	50	54	59	60	+20	100
	Can	47	49	57	56	+19	93
	U. K	42	36	41	41	−2	68
Vegetable—do	U. S	38	39	40	40	+5	100
	Can	40	36	36	39	−2	98
	U. K	38	47	46	47	+24	118
Total—do	U. S	88	93	99	100	+14	100
	Can	87	85	93	95	+9	95
	U. K	80	83	87	88	+10	88
Fat—do	U. S	130	143	145	136	+5	100
	Can	116	124	131	123	+6	90
	U. K	130	113	124	115	−12	85
Carbohydrate—do	U. S	429 (390)	443 (410)	443 (400)	422 (385)	−2	100
	Can	429 (400)	416 (395)	423 (400)	404 (385)	−6	100
	U. K	378	368	387	380	+1	99
Calcium—milligram	U. S	900	950	1,060	1,100	+22	100
	Can	840	870	1,010	1,000	+19	91
	U. K	690	700	1,040	1,040	+51	95
Iron—do	U. S	14	15	18	18	+29	100
	Can	15	15	16	15	0	83
	U. K	12	13	16	15	+25	83
Vitamin A—international units	U. S	8,030	8,260	9,290	9,910	+23	100
	Can	6,280	5,970	6,650	6,810	+8	69
	U. K	4,000 (4,700)	3,600 (4,400)	3,790 (4,700)	3,660 (4,500)	−8	45
Ascorbic acid (vitamin C)—milligram	U. S	110	120	140	140	+27	100
	Can	60	60	80	80	+33	57
	U. K	100	80	110	110	+10	79
Thiamine—do	U. S	1.5	1.8	2.3	2.2	+47	100
	Can	1.5	1.5	1.7	1.7	+13	77
	U. K	1.2 (1.4)	1.4 (1.5)	2.0 (2.2)	1.8 (2.0)	+50	91
Riboflavin—do	U. S	1.8	2.0	2.5	2.5	+39	100
	Can	1.9	2.0	2.0	2.0	+5	80
	U. K	1.6	1.6	2.1	1.8	+13	72
Niacin—do	U. S	15	17	21	21	+40	100
	Can	14	15	17	16	+14	76
	U. K	13	13	16	15	+15	71

NOTES.—(1) The figures in parentheses following those for calories and carbohydrates (United States and Canada) and for vitamin A and thiamine (United Kingdom) indicate the approximate values if calculated with the same nutrient factors as for the other countries. For these nutrients the methods of estimation in the 3 countries are not entirely comparable. For other nutrients this difficulty does not arise and the figures may be regarded as comparable.

(2) The figures in the above table and in all other tables in this report are national averages and should not be taken to represent the actual supply received by each individual consumer. No allowance has been made in the figures for the substantial losses of some nutrients which may occur in storage, preparation, and cooking.

4. Early in 1945, reductions in world production and available supplies, together with increased military requirements and requirements arising from the liberation of countries formerly held by the enemy, resulted in world deficits in such important foods as meat, sugar, fats, and rice. To resolve the problems created by these deficits, a series of discussions was held in Washington last March and April, attended by representatives of the United States, Canada, and the United Kingdom. The reduced supplies were considered in relation to the expanded requirements, and agreement was reached whereby civilian consumption was scaled down in all three countries. As a result, supplies of fats and sugar in all three countries fell still further below the levels of the 1935–39 base period.

In North America, the lower pork production in 1945 was the major factor leading to the decline of meat consumption. The 1945 level, however, is still higher than before the war in the United States and Canada. Meat consumption in the United Kingdom in 1945 fell to about 21 percent below the prewar level.

Against these reductions there is the expectation of some increase over 1944 in supplies of fresh milk in all three countries, of eggs in the United States and Canada, and of fish in the United Kingdom. In all three countries there were adequate supplies of grain products and vegetables.

5. In 1945, consumption was lower in the United Kingdom than in the two North American countries in the case of fats, sugar and sirups, meat, milk, eggs, fruit, and poultry. On the other hand, consumption in the United Kingdom exceeded that of the United States and Canada in grain products, potatoes, and fish. In the case of vegetables, consumption is lowest in Canada and highest in the United States, with the United Kingdom in an intermediate position.

The differences between the consumption levels of the three countries in 1945 reflect differences which were already evident before the war in the case of milk, eggs, poultry, fish, and fruit. Consumption per capita by commodity groups in the three countries is set out fully in table 1 for the years primarily under review, and in table 7 for the whole war period.

6. The consumption levels of the three countries in terms of nutrients are set out similarly in tables 2 and 8. After allowing for the different methods of evaluation, civilian food supplies in terms of calories do not vary widely among the three countries, those in the United States being about 9 percent higher than in the United Kingdom and 5 percent higher than in Canada.

Turning to individual nutrients—United Kingdom supplies of fats were about 10 percent lower than those of the North American countries. The United Kingdom was also about 30 percent lower than the United States and Canada in animal protein but about 20 percent higher for vegetable protein. There was no material difference in supplies of carbohydrates if allowance is made for the different methods of estimation.

All three countries showed an improvement in the vitamin and mineral content of the diet as compared with the base period. Canadian supples of ascorbic acid (vitamin C) were improved, but were still only about 60 to 70 percent of those in the other countries. The

vitamin A content of the United Kingdom diet in 1945 was below prewar levels and only about 60 percent of those of the United States and Canada, even allowing for different methods of assessment.

Considerable caution is necessary in comparing the estimates of nutrient supplies in table 2 with estimated nutritional requirements as set out in the appendix, but it may still be said as in the first report that, assuming equitable distribution "in all three countries, requirements are exceeded by supplies."

Chapter 2

COMPARISON OF FOOD CONSUMPTION LEVELS

7. This chapter attempts briefly to summarize and compare the consumption levels of each major food group in the three countries. In interpreting the supply picture as shown by the statistics at the retail level, it must be borne in mind that there is always a considerable margin between the supplies of food available and the actual consumption of food. This margin, which is not taken into account in this study, includes losses in preparation, cooking, and on the table.

Milk and Milk Products (Excluding Butter)

8. In the milk group as a whole, expressed in milk solids, supplies available in 1945 were nearly at the same level in the United States and Canada, while the United Kingdom level was about 30 percent below that of the other two countries. The rates of consumption in all three countries in 1945 were somewhat higher than the rates which prevailed in 1944 and were substantially above those of the base period (1935–39), particularly in the case of fluid milk. (Chart 2.)

9. United States.—In the United States milk production was at an all-time high level during 1945, and in the latter half of the year military requirements were substantially reduced. These factors resulted in some increase in civilian supplies in terms of milk solids, compared with 1944, in spite of heavy exports to countries in the war theaters.

The improved supply position and the cut-back in military requirements enabled some relaxation of production and distribution controls during the spring and summer of 1945. Since VJ-day military requirements have been sharply reduced and all controls over production and distribution of dairy products (exclusive of butter) have been eliminated.

10. Canada.—Higher prices and subsidies to producers contributed to a steady rise in Canadian fluid milk production through the war period. At the same time, per capita consumption increased as purchasing power expanded and retail prices were firmly controlled. During 1945 the per capita consumption of fluid milk by Canadian civilians was larger than that of the United States and still more than that of the United Kingdom. A further factor contributing to this high rate of fluid milk consumption has been the consumer subsidy of 2 cents per quart, which was authorized in 1942 as part of the campaign against increases in the cost of living.

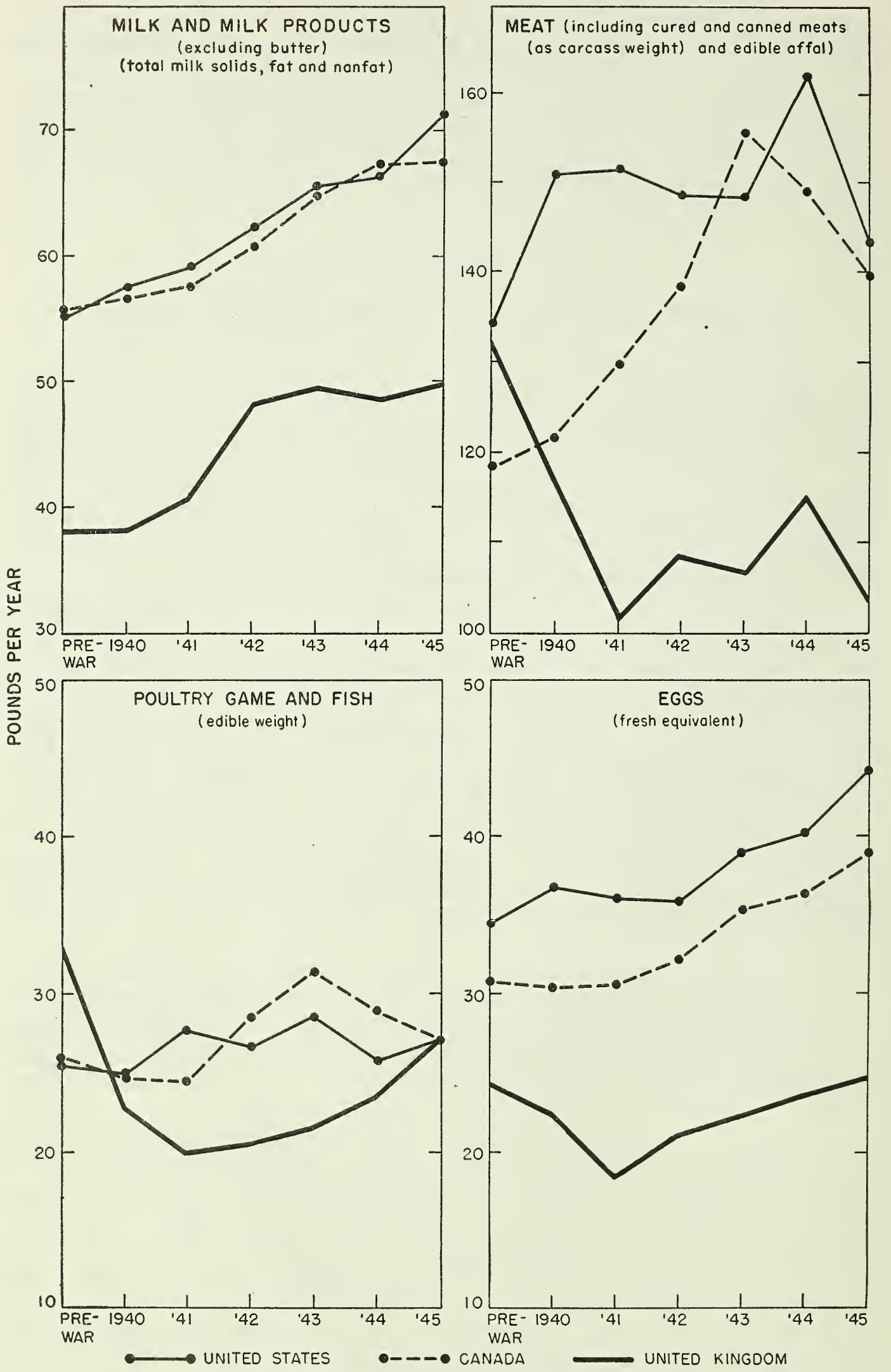

CHART 2.—Supplies moving into civilian consumption per capita per year in the United States, Canada, and United Kingdom, prewar to 1945; milk and milk products, meat, poultry, game and fish, and eggs.

TABLE 3.—*Supplies of milk and milk products (excluding butter) moving into civilian consumption in pounds per capita per year, retail weight, prewar, 1944 and 1945.*

Commodity	United States				Canada			United Kingdom				Percentage change, July–Dec. 1945 from prewar [3] [4]		
	Prewar	1944	1945 Jan.–June [1]	1945 July–Dec. [1]	Prewar	1944	1945 [2]	Prewar	1944	1945 Jan.–June [1]	1945 July–Dec. [1]	United States	Canada	United Kingdom
Fluid whole milk	265.3	342.3	345.2	369.6	347.3	401.0	404.2	216.9	305.4	313.0	311.6	+40	[6] +18	+44
Milk in ice cream n. e. s	5.9	7.6	6.8	8.8	13.0	24.5	22.8	[5]			[5]			
Fluid cream	10.6	14.0	15.0	16.4	12.8	18.4	18.4	1.3				+51	[6] +44	−100
Cream in ice cream	1.8	2.3	2.0	2.6				[5]			[5]			
Skim milk and buttermilk	53.9	55.0	52.1	60.3	4.8	5.0	5.0					+12	[6] +4	
Evaporated whole milk	15.1	14.2	17.2	15.0	6.1	9.2	10.4	2.4	1.6	1.0	2.7			
Condensed whole milk	1.6	1.7	2.0	1.8	.6	.9	1.0	4.0	1.0	.9	.8			
Condensed skim milk	2.8	5.8	6.0	6.0	.4	.5	.6	5.9	1.6	1.6	1.3	+19	[6] +69	−60
Condensed and evaporated buttermilk	.1	.2	.1	.1										
Dried whole milk	.1	.3	.4	.6	.1	.4	.4	.6	1.0	1.1	1.0			
Dried skim milk (nonfat dry milk solids)	1.9	1.7	2.2	2.4	1.8	2.6	2.4	1.0	2.1	2.5	2.8	+55	[6] +47	+137
Dried buttermilk		.2	.1	.1										
Dried whey	.1	.2	.2	.2										
Malted milk	.1	.3	.4	.2	.1	.1								
Cheese, Cheddar style	3.7	3.0	3.4	3.6	3.4	4.0	4.0	8.8	10.3	10.0	9.4	+6	[6] +20	+7
Cheese, other	1.5	1.6	1.7	1.7	.3	.3	.3							
Skim-milk cheese	1.5	2.0	2.4	2.2	.1	.4	.4							
Total, as milk solids (fat and nonfat) [4]	55.2	67.5	69.5	74.1	55.8	67.3	67.6	38.2	48.7	49.7	49.8	+34	[6] +21	+30

[1] Annual rate for period.
[2] Separate estimates for the 2 half years not available.
[3] Percentage change calculated on basis of total milk solids.
[4] For conversion factors used see appendix B.
[5] Included in liquid milk.
[6] The figures for Canada relate to 1945 as a whole.

In spite of larger civilian consumption, the expanded production of dairy products during 1945 made possible significant exports to the United Kingdom and to other countries where supplies have been reduced because of war.

11. United Kingdom.—The year 1945 did not produce any marked change in the trend of consumption of milk and milk products and the higher level of consumption reached in the United Kingdom in 1942 was maintained in 1945. The gradual increase in liquid milk consumption (achieved partly by increased production and partly by reducing the quantity used for manufacture) has continued but is confined largely to priority users such as nursing mothers and children. Normal consumers were restricted to 2 pints per week for long periods during the winter.

The consumption of cheese has been encouraged during the war years to offset reduced supplies of meat, and cheese consumption in the United Kingdom is higher than in either the United States or Canada. However, in April of 1945, the low level of imports necessitated the reduction of the basic ration to 2 ounces per week.

MEAT

12. The world shortage of meat is reflected in the 1945 consumption figures, and in all three countries per capita supplies were substantially less than those of 1944. In the United States the reduction was about 11 percent, in Canada 6 percent and in the United Kingdom about 10 percent. For 1945 as a whole, per capita consumption in terms of carcass weight equivalent (including offal) averaged about 140 pounds in Canada, 143 pounds in the United States, and 103 pounds in the United Kingdom.

There were, however, significant changes within the year in each country. In the United States, consumption which was at an annual rate of about 132 pounds per capita in the first half of the year, increased by about 18 percent in the second half. In Canada, where consumption was at a rate of nearly 150 pounds, the introduction of rationing on September 10 was designed to reduce consumption to an annual rate of 130 pounds per capita. In the United Kingdom per capita supplies were reduced from 108 pounds in the first half to 98 pounds in the second half of the year.

Compared with the prewar period, there is a considerable difference in the position of the three countries for 1945 as a whole; the Canadian level was about 18 percent higher, the United States level about 7 percent higher, and that of the United Kingdom about 21 percent lower.

13. United States.—The supply of meat during 1945 in the United States reflected the sharply reduced hog numbers and an increase in cattle numbers. Despite reduced military requirements and exports, the fall in meat production resulted in the reduction of supplies of meat available to civilians to 132 pounds per capita, excluding offal. This was the smallest supply since the depression year of 1936, when the population consumed an average of 128 pounds per capita. However, the increased supplies, including offal, in the second half of 1945 together with a cut in military requirements made possible an increase in supplies for United States civilians and a large increase in exports compared with the first half of the year.

During the early part of 1945, the short over-all supply position was complicated by serious distribuiion problems. Civilian supplies dropped about 20 percent from the 1944 rate, but in certain areas the reduction was much more drastic, since the supply of federally inspected meat declined more than did total supplies. This intensified the problem of distribution, since it is only this type of meat which can be moved between States. In July of 1945 the Federal inspection laws were relaxed in some particulars to allow a larger supply of meat to enter into the interstate movement and for Government purchase. A considerable part of the increased civilian allocation in the latter half of 1945 went into the deficit areas. This increase in supplies to civilians was sufficient to enable the elimination of rationing in the United States on November 23, 1945.

14. CANADA.—During 1945 supplies of meat in Canada were characterized by the same factors evident in the United States, i. e., drastically reduced hog supplies and larger numbers of cattle both on farms and coming to the market for slaughter. Hog production was adversely affected from the spring of 1944 onward by increased grain prices and lack of adequate labor, and the downward trend in production has continued.

During the first 8 months of 1945 the civilian per capita consumption of meat, including offal, was probably at a rate very close to that of 1944, viz., 149 pounds. However, in September 1945 rationing, which had been suspended in 1943 because of a lack of export facilities, was resumed. The new ration provided civilians with an annual rate of consumption of about 130 pounds per capita. The decision to ration was based, not so much on domestic considerations but rather on the need for providing supplies to the United Kingdom and countries in which war had disrupted food supplies.

15. UNITED KINGDOM.—The reduction of supplies of meat in North America, South America, and the Southern Dominions during 1945 was reflected in reduced imports into the United Kingdom and in the supplies availabe to civilians.

The bacon ration was reduced from 4 ounces to 3 ounces per week in May 1945. Issues of meat for manufacturing sausages and other meat products were restricted to 35 percent of prewar usage, while the carcass meat ration has been maintained from June to the end of the year only by the inclusion of canned corned beef to the extent of one-seventh of the total value. As a result, consumption in terms of carcass equivalent, including offal, which had reached 115 pounds per capita in 1944, fell to 108 pounds in the first half of 1945 and to 98 pounds in the second half.

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TABLE 4.—*Supplies of meat (carcass weight), and edible offal moving into civilian consumption in pounds per captia per year, prewar, 1944 and 1945*

Commodity	United States				Canada				United Kingdom				Percentage change July-Dec. 1945 from prewar [2] [3]		
	Prewar	1944	1945 Jan.-June [1]	1945 July-Dec.[1]	Prewar	1944	1945 Jan.-June [1]	1945 July-Dec.[1]	Prewar	1944	1945 Jan.-June [1]	1945 July-Dec.[1]	United States	Canada	United Kingdom
Beef—bone in	54.8	55.1	46.6	60.6	54.7	61.7	(4)	[5] 60.4	53.0	27.3	25.3	33.0	+18	[5] +10	−30
Beef—bone out									1.7	9.2	5.1	4.6			
Veal	8.0	11.2	9.0	13.4	10.5	11.0	(4)	[5] 11.3	(6)	(6)	(6)	(6)	+7	[5] −25	−27
Mutton and lamb	6.7	6.6	6.8	7.2	5.6	4.8	(4)	[5] 4.2	25.2	22.4	27.1	18.5			
Pork	56.1	76.7	58.0	61.4	39.9	61.4	(4)	[5] 55.2	11.5	14.8	15.5	8.2	+9	[5] +38	−38
Bacon and ham	(7)	(7)	(7)	(7)	(7)	(7)	(7)	(7)	27.3	23.6	18.1	15.7			
Offal	8.5	12.5	11.2	12.2	5.8	7.4	(4)	[5] 7.3	7.4	6.8	5.2	6.2	+44	[5] +26	−16
Canned corned meat	(8)	(8)	(8)	(8)					2.1	.1	.7	4.1	(8)	[5] −36	+110
Other canned meat	(8)	(8)	(8)	(8)	1.4	2.1	(4)	[5] .9	.8	5.8	6.4	2.1			
Total (as carcass weight) [3]	134.1	162.1	131.6	154.8	118.4	149.1	[9] 150	[9] 130	131.7	115.0	108.5	98.3	+15	[9] +10	−25

[1] Annual rate for period.
[2] Percentage change calculated on basis of carcass-weight equivalent.
[3] For conversion factors used see appendix B.
[4] Separate estimates for each type of meat in the 2 half years not available.
[5] Rate for 1945 as a whole.
[6] Included with beef.
[7] Included with pork.
[8] Included as carcass meat.
[9] Unlike the Canadian figures for each type of meat, these refer to the annual rate of consumption in the half year.

Poultry, Game, and Fish

16. In this group of foods as a whole there was little difference in 1945 in the consumption levels of the three countries. Supplies of poultry were much greater in the United States and Canada, but were offset by the heavier consumption of fish in the United Kingdom.

In both the United States and Canada consumption remained fairly stable during the war years, some increase in the consumption of poultry being offset by reduced supplies of fish, particularly canned fish, and there were no appreciable changes in 1945. In the United Kingdom supplies of both poultry and fish fell heavily during the war years, but with the end of hostilities in Europe successful efforts were made to restore fish supplies to civilians to the prewar level by the end of 1945.

17. United States.—Consumption of the various components within this group has varied considerably since the prewar period but there has been an increase in poultry supplies and a decline in canned fish which is the only commodity in the group suitable for export in large quantities.

The consumption of poultry was higher in 1945 than in 1944, as a result of increased turkey supplies. Commercial hatchings of baby chicks in the spring months of 1945 resulted in production at an unparalleled level. The increased seasonal marketings in the second half of the year, along with the termination of restrictions on the sale and canning of poultry, were expected to double the unusually low consumption of chicken during the first 6 months of the year.

Total fish consumption, although a little higher in 1945 than in 1944, was below the prewar level. There has been a gradual increase in the supply of fresh fish since 1943 as more boats returned to fishing and coastal waters became safer. Civilian supplies of canned fish decreased continuously after Pearl Harbor due to heavy military demands, and to export to the United Kingdom and latterly to the war areas. In 1945 supplies were about half those of the base period.

18. Canada.—In Canada as in the United States the trends in the consumption of the components of this group have differed. There has been an increase in the rate of consumption of poultry, but the use of fish has declined in comparison with prewar years. The per capita consumption of canned fish almost doubled from 1940 to 1943, but thereafter domestic supplies were reduced by exports.

19. United Kingdom.—Efforts were made to increase the United Kingdom landings of fish, which inevitably fell sharply during the war, by releasing trawlers and men from naval service and by sweeping mines from the fishing areas. In this way it was possible to raise the consumption of fresh fish from about 16 pounds per capita (fillet weight) in 1944 to an annual rate of nearly 24 pounds per capita by the end of 1945. Actual landings however fell somewhat short of the target.

Although fresh and frozen fish became more plentiful during 1945, reduced imports made it necessary to restrict issues of canned fish under the points rationing scheme, and in the latter part of 1945 they were at an annual rate of 2 pounds per capita, only about two-thirds of the 1944 level.

Consumption of poultry has always been considerably smaller in the United Kingdom than in Canada and the United States, and the war years have seen a consistent downward trend in consumption.

Eggs

20. During 1945 there were considerable differences in the supplies of eggs available in the three countries. The United Kingdom averaged about 25 pounds per capita (including dried and liquid egg, converted to shell equivalent), and against this figure Canadian consumption was 56 percent greater and the United States 78 percent greater. In both the United States and Canada supplies in 1945 were somewhat larger than in 1944. In the United Kingdom there was a marked recovery in the first half of the year, but supplies in the last half were sharply reduced.

Compared with 1935–39, the United States and Canada had considerably higher consumption rates in 1945, while in the United Kingdom over the year as a whole the rate was about the same.

21. United States.—Egg consumption reached an all-time high level during 1945 in the United States in spite of total production being lower than in 1944, and was about 30 percent above 1935–39. Decreased purchases of dried eggs for military use and lend-lease made larger supplies of shell eggs available to civilians.

22. Canada.—The consumption of fresh eggs has risen steadily in Canada throughout the war, and in 1945 the level of civilian consumption was 28 percent above the 1935–39 average. In addition to this increased domestic use, large quantities of eggs were exported and production had to be expanded considerably to meet these demands. The consumption of shell eggs was higher in Canada and the United States than in the United Kingdom before the war. The wartime trends in the three countries, therefore, accentuated the differences and in 1945 the former two countries consumed three to four times the amount of shell eggs available in the United Kingdom.

23. United Kingdom.—Consumption of shell eggs had fallen to 47 percent of the prewar level in 1944 owing to a decline of one-third in home production (poultry flocks were reduced in order to divert feedstuffs to more efficient uses) and to the virtual elimination of imports. A limited recovery in home production was evident in 1945 and, with somewhat increased imports, consumption reached about 60 percent of the prewar level. Even so, the normal consumer received only about 50 eggs, or less than one-third of the prewar average, as most of the limited supplies go to children and other priority classes, or are retained by domestic poultry keepers and other small producers who account for about half the total output.

The improvement in shell-egg supplies in 1945 was, however, about offset by the need to restrict the distribution of dried eggs to about two-thirds of the level current at the beginning of the year. In consequence the total egg supply (in terms of shell equivalent) which in 1944 had been restored practically to the prewar level showed a marked decline in the last half of the year.

Fats and Oils (Including Butter)

24. All three countries, and particularly the United Kingdom are heavily dependent on imported fats and oils. Early in 1945 it was evident that a serious over-all shortage existed and that supplies would be considerably smaller than in 1944. At the lower consumption levels ruling in 1945 the per capita amounts available for food use in the three countries were more nearly equal than in most other important food groups. Over the whole year supplies of both the United Kingdom and Canada averaged about 37 pounds per capita and United States supplies were about 7 percent greater. In the latter half of the year, however, consumption in the United Kingdom and Canada dropped below that of the first half of the year while that in the United States increased. (Chart 3.)

In comparison with 1944 the rates of consumption in each country during 1945 represented reductions in supply of from 5 to 10 percent. Comparing 1945 with the base period 1935–39, United Kingdom consumers suffered heavier cuts than those in the other two countries. Before the war, the United Kingdom per capita consumption was 45.5 pounds so that in 1945 as a whole the level has declined by about 20 percent. The comparable reduction for Canada and the United States was about 10 percent. United States consumption in 1945 was, however, about 17 percent below the 1941 level prior to Pearl Harbor.

25. United States.—In addition to the low level of imports which prevailed in the United States during the second half of 1945, the smallest during the war years, the reduction in hog marketings already referred to accentuated the decline in the supply of edible fats and oils. The acreage of oil-bearing crops has been greatly expanded during the war years but this supply was not sufficient to offset the factors tending to reduce the 1945 civilian supply. With the exception of shortening and margarine, the reduction from 1944 supplies occurred in all of the main types of edible fats and oils, particularly in lard and butter. In the latter half of 1945 the consumption of butter increased almost 20 percent over the first half of the year.

26. Canada.—The factors tending to reduce the consumption of fats and oils in Canada during 1945 were almost identical with those of the United States, namely loss of imports and a decline in hog marketings. Like the United States, Canada encouraged the production of oilseeds of various kinds during the war in an attempt to provide maximum supplies. The over-all increase in fluid milk production during the war years was accompanied by an increase in butter supplies, but the demand increased more rapidly, and coupon rationing was introduced in December of 1942.

However, in spite of decreased supplies and rationing, Canadians ate much more butter than did consumers in either the United States or the United Kingdom, about two and a half times the rate of the former and four times that of the latter.

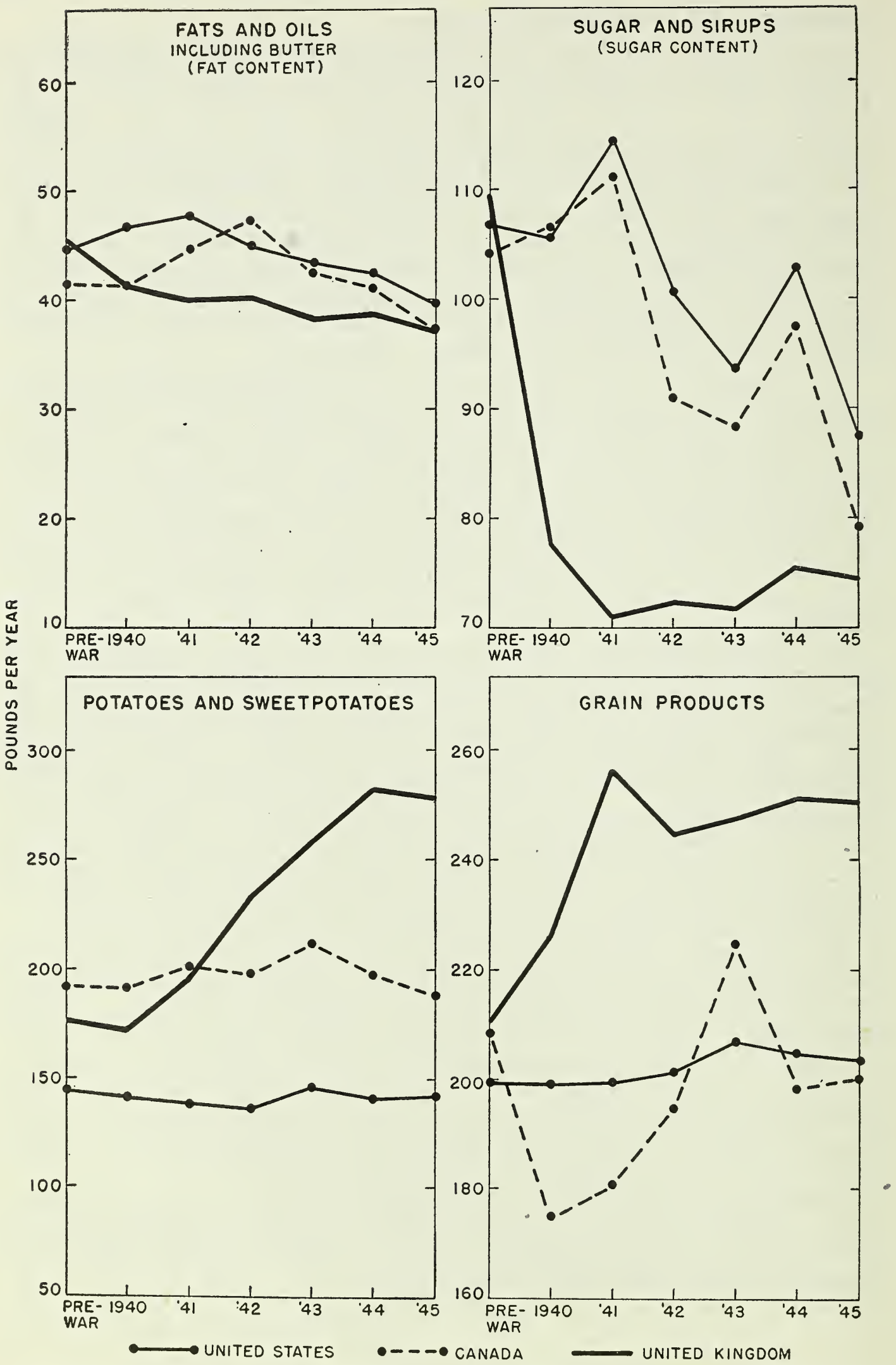

CHART 3.—Supplies moving into civilian consumption per capita per year in the United States, Canada, and United Kingdom, prewar to 1945; fats and oils, sugar and sirups, potatoes, and grain products.

TABLE 5.—*Supplies of visible fats moving into civilian consumption in pounds per capita per year, retail weight, prewar, 1944 and 1945*

Commodity	United States				Canada			United Kingdom				Percentage change July–Dec., 1945 from prewar		
	Prewar	1944	1945 Jan.–June [1]	1945 July–Dec.[1]	Prewar	1944	1945 [2]	Prewar	1944	1945 Jan.–June [1]	1945 July–Dec.[1]	United States	Canada	United Kingdom
Butter	16.7	12.0	9.6	11.4	31.0	29.7	28.6	24.8	7.7	7.7	9.5	−32	[3]−8	−62
Margarine	2.9	3.9	4.2	4.2				9.0	17.8	17.1	17.4	+45		+93
Lard	11.0	13.9	12.0	11.8	3.9	7.5	4.7							
Shortening	11.7	9.2	10.0	9.8	10.6	8.3	7.9	9.3	12.1	11.4	9.2	−5	[3]−13	−1
Other edible fats and oils	6.3	6.5	6.2	6.2	1.8	1.1	1.4	8.2	5.4	5.5	4.6	−2	[3]−22	−44
Total (as fat content) [4]	44.7	42.4	39.4	40.4	41.4	41.0	37.2	45.5	38.9	37.7	36.4	−10	[3]−10	−20

[1] Annual rate for the period.
[2] Separate estimates for the 2 half years not available.
[3] The figures for Canada relate to 1945 as a whole.
[4] For conversion factors used see appendix B.

27. United Kingdom.—Following the tripartite food discussions in Washington early in 1945, the United Kingdom, in common with the United States and Canada, further reduced the civilian consumption of edible fats, in view of the general world shortage. Since the end of 1942 United Kingdom consumption had been maintained at about 38 pounds per capita, or about 85 percent of the prewar level, though with a large substitution of margarine for butter. The new reductions brought down the annual rate to 37 pounds, or 81 percent of the prewar period. They were made by cutting the lard ration from 2 ounces to 1 ounce per week in May, and by reducing allocations to food manufacturers. As a further economy, the soap ration was reduced by one-eighth. From November 11, 1945, the cooking-fat ration was restored to 2 ounces per week and it was provided that 3 ounces of the 6 ounce butter margarine ration could be taken as butter, instead of 2 ounces as previously. This increased the total supply of visible fats to about 37 pounds per capita in the calendar year 1945, but this level has been achieved only by drawing heavily on stocks.

Sugars and Sirups

28. A sharp reduction in supplies of sugar occurred during 1945, and at the same time, requirements increased as the European countries were liberated. The deficit between supplies and requirements necessitated international discussion early in the year, and as a result, consumption levels, including military and civilian, were largely equalized in the three countries by the second half of the year. In all three, available supplies of sugar for civilian consumption in 1945 as a whole were smaller than those in 1944, the reduction amounting to 18 percent in the United States and Canada and 1 percent in the United Kingdom. The decreases from the supplies available in the prewar period were much greater, ranging from 25 percent in the United States to 32 percent in the United Kingdom.

Considering all sweeteners together, including sirups and glucose as well as sugar, there was more variation in the supplies available to the civilians in the three countries in 1945. In terms of sugar content, United States civilians had about 88 pounds, those in Canada about 79 pounds, and those in the United Kingdom about 74 pounds.

29. United States.—By the second half of the year civilian consumption of refined sugar had been cut from 77 pounds per capita (annual rate in the first half of the year) to 68 pounds. This reduction was made in the face of the additional requirements ordinarily resulting from commercial and home canning in the third quarter of the year. In June 1945 control was established over the distribution of sugar at the refinery level by fixing quotas for all primary distributors and for government agencies and civilians. At the same time the sugar content of commercially canned fruits and vegetables as well as sugar used by most food industries had been drastically reduced. The decrease of 25 percent in the consumption of cane and beet sugar since the base period was partly compensated for by an increase of about 40 percent in the consumption of edible sirups, sugar, corn and maple sugar. Little increase occurred in these sweeteners over 1944, but consumption in the last half of 1945 increased by about 30 percent over the first half of the year.

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TABLE 6.—*Supplies of sugars and sirups moving into civilian consumption in pounds per capita per year, retail weight, prewar 1944 and 1945*

Commodity	United States				Canada			United Kingdom				Percentage change July–Dec. 1945 from prewar [3]		
	Prewar	1944	1945 Jan.–June [1]	1945 July–Dec.[1]	Prewar	1944	1945 [2]	Prewar	1944	1945 Jan.–June [1]	1945 July–Dec.[1]	United States	Canada	United Kingdom
Cane and beet sugar	95.9	88.1	77.0	67.8	94.7	83.8	68.9	103.9	71.4	65.6	75.4	−29	[4]−27	−27
Jam and marmalade (imported only)								.1	2.1	1.6	.9			
Corn and maple sugar: glucose	15.0	21.3	18.6	24.6	5.4	7.8	6.6	6.8	3.1	3.2	3.3	+60	[4]+13	−48
Sirups					2.2	3.2	2.9	([5])	([5])	([5])	([5])			
Edible molasses					3.7	7.0	6.4	([5])	([5])	([5])	([5])			
Honey	1.4	1.6	1.4	2.2	2.4	2.9	2.4	.4	.4	.3	.5			
Total (sugar content) [6]	106.8	102.7	90.0	85.2	104.0	97.6	79.2	109.8	75.6	69.5	79.1	−20	[4]−24	−28

[1] Annual rate for period.
[2] Separate estimates for the 2 half years not available.
[3] Percentage change calculated on basis of sugar content.
[4] The figures for Canada relate to 1945 as a whole.
[5] Included under cane sugar.
[6] For conversion factors used see appendix B.

30. Canada.—Throughout 1944 it had been possible to maintain a per capita supply of about 84 pounds of refined sugar for Canadian civilians. Early in 1945, however, this level of consumption had to be reduced to something less than 70 pounds by cutting supplies made available under the individual coupon rations as well as supplies to food manufacturers. The reduction in refined cane and beet sugar through the war years had, to some extent, been offset by increased supplies of molasses, honey, glucose, and sirups other than maple, which had increased by rather more than 5 pounds per capita since prewar years.

31. United Kingdom.—Supplies of refined sugar to civilian consumers in the United Kingdom were reduced to an annual rate of about 67 pounds per capita (about two-thirds of the prewar consumption) as early as the second half of 1940 and did not vary greatly from that level until 1944 when consumption rose to 71 pounds per capita. As United Kingdom supplies had already been severely cut, the 1945 shortages did not entail such large reductions in consumption from the 1944 level as in the North American countries. Allocations to food manufacturers were reduced but the domestic ration remained unchanged at 8 ounces per week. However, at the end of the year it proved possible to make a bonus issue of 1 pound per capita at Christmas and as a result consumption for the year finally fell short of the 1944 level by only 1 pound per capita.

It has not been possible in the United Kingdom to supplement to any considerable extent the limited supplies of sugar. The sugar content of glucose, honey, and other auxiliary sweeteners in 1945 amounted to only 3½ pounds per capita, compared with 10 pounds in Canada and 15 pounds in the United States.

Potatoes

32. In the United States and Canada the consumption of potatoes did not fluctuate greatly during the war years, but in the United Kingdom the production and consumption of potatoes was encouraged to offset decreased supplies of other foods. In 1945, in spite of a temporary shortage during the spring, the rate of consumption in the United Kingdom had increased to about 60 percent over the prewar level and was almost twice that of United States and 1½ times that of Canada.

No major changes occurred between 1944 and 1945 in the rates of consumption in the United States and the United Kingdom, but in Canada the shortage of potatoes during the early summer of 1945 reduced the average level of that country by 5 percent for the year.

33. United States.—The downward trend in potato consumption, which had been in progress in the United States for many years, was halted during the war years by the relative shortage of other foods, the rationing of canned vegetables, and the high prices of fresh vegetables. A bumper crop resulted in only a slight decrease in 1945 supplies, as compared with 1944, despite an increase in the nonfood utilization of potatoes and in exports of fresh and processed potatoes. Consumption of sweetpotatoes was expected to be the same in 1945 as in 1944.

34. Canada.—The consumption of potatoes in Canada has remained relatively stable throughout the war years but a late spring and inadequate reserves resulted in an acute shortage of potatoes

during May and June of 1945. The shortage disappeared quickly, however, with the appearance of the new crop.

35. United Kingdom.—The necessity to expand the production of crops for direct human consumption led to a marked increase in potato production in the United Kingdom early in the war. There was a temporary shortage of supplies during the first half of 1945 as a result of labor difficulties in harvesting and the poor keeping quality of the 1944 crop. Consumption was still, however, about 50 percent above the prewar level and, with the availability of the new crop, is expected to run about 65 percent above the prewar level during the 1945–46 season.

Pulses and Nuts

36. The relatively high consumption of nuts, including peanuts and peanut products in the United States, gives that country a total consumption for the group about twice that of the United Kingdom. In Canada the per capita rate is about midway between that of the other two countries. In all three countries the rates of consumption for 1945 were somewhat below those of 1944, and in Canada and the United Kingdom 1945 rates were below those of the base period. In the United States the rate of consumption for the group was the same as in the base period.

37. United States.—Total per capita supplies for this group increased during the war years, but a decline of 9 percent occurred between 1944 and 1945 as a result of a sharp reduction in dry bean and pea crops and to continued heavy exports. Peanut supplies for civilian consumption declined as a result of lowered production, the use of low-grade peanuts for oil, and the military demand for peanut butter and nuts for candy. As the 1945 crop became available, supplies of beans were higher in the second half of the year.

38. Canada.—Supplies of dry peas and beans in Canada for 1945 were lower as a result of the relatively short crop of 1944 and substantial exports of beans. Supplies of peanuts for food were also below those of 1944 but were close to the prewar level. For the group as a whole, supplies in 1945 were lower than the prewar average and for any war year.

39. United Kingdom.—The consumption of dry peas and beans in the United Kingdom has declined by about one-third during the war years, partly because of the shortage of the more popular types. The importation of table nuts has been drastically curtailed and consumption had fallen to about one-quarter of the prewar level. Increased supplies were made available, however, in late 1944, and the improvement was maintained in 1945.

Tomatoes and Citrus Fruits

40. The level of consumption of tomatoes and citrus fruits was substantially the highest in the United States, supplies in Canada being about 30 percent and in the United Kingdom about 75 percent lower. The dependence of the United Kingdom on imported supplies resulted in a drastic curtailment during the war years to economize shipping. Supplies in 1945 were improved slightly over 1944 as far as the United Kingdom was concerned, but were somewhat lower for Canada. Little change occurred in the United States. In comparison with the base period 1935–39, there was a substantial improvement in

the United States and Canada, but in the United Kingdom supplies were still about 30 percent lower than before the war. (Chart 4.)

41. United States.—Increasing demand for citrus fruit over the past decade, together with increased supplies of tomatoes from town gardens, raised the level of consumption of this group in the United States to about 40 percent above the prewar average. Consumption in 1945 was slightly lower than in 1944.

Canned citrus juices were rationed with low-point values for short periods in 1945, but point rationing of all canned citrus juices was terminated August 15, 1945, and tomatoes and tomato products September 17, 1945.

42. Canada.—Consumption of fresh tomatoes in 1945 was about 45 percent above the prewar average. In the intervening years supplies varied somewhat according to crop conditions, but the trend was upward. Canned tomato products were well above prewar, except in 1943. Imports of fresh citrus fruit increased steadily and in 1944 and 1945 were 90 percent above the prewar level.

For the group as a whole, the Canadian position improved during the war period. The importation of oranges was encouraged by the removal of seasonal import duties and the war exchange tax. A reduction in available supplies of canned citrus fruit and tomatoes resulted in a decline in the total for the group in 1945, as compared with 1944.

43. United Kingdom.—Sharply reduced imports of citrus fruits and tomatoes restricted the United Kingdom supplies of this group during the war years to a low point of 37 percent of prewar in 1941. Efforts were made to expand the home production of tomatoes and the position was further improved in 1942 by lend-lease supplies of concentrated orange juice for children. The first real improvement in imports of fresh fruit occurred during the first half of 1945 when there were substantial arrivals of oranges. Per capita supplies for the group as a whole in terms of fresh fruit equivalent were about two-thirds of the 1934–38 average during the last half of 1945.

Other Fruits

44. Before the war the consumption of fruits other than citrus in the United States was roughly twice that of the United Kingdom or Canada. This group consists mainly of apples and other tree fruits, bananas and pineapples and includes canned and dried as well as fresh fruit. Consumption in the United Kingdom fell drastically in the early years of the war, when imports were suspended and has since fluctuated with the domestic crop. Consumption in Canada in 1944 was above prewar, although in 1945 it is estimated to be slightly lower. Supplies in the United States have been generally somewhat below the prewar average and in 1945 are estimated at 92 percent of the base period.

45. United States.—The United States consumption of fruit other than citrus in 1945 is estimated at 5 percent less than in 1944. The decline since prewar was largely due to sharp decreases in supplies available to civilians during the war years of fresh apples, imported bananas and pineapples, and canned fruits and juices.

The total production of fresh and processed deciduous fruits in 1945 was about 7 percent less than the average production in the prewar years. The per capita consumption of frozen fruit was more

CHART 4.—Supplies moving into civilian consumption per capita per year in the United States, Canada, and United Kingdom, prewar to 1945; tomatoes and citrus fruits, other fruit, leafy, green, and yellow vegetables, and other vegetables.

than twice that of prewar but is still a very small part of the total supply.

46. Canada.—Supplies of fresh fruit, mainly apples, have fluctuated with the size of the harvest, and in 1945 were slightly above prewar. Canned fruit supplies have been curtailed since 1942 as a result of the shortage of sugar. Dried fruit supplies declined moderately up to 1943 but in 1944 and 1945 were in somewhat more adequate supply.

47. United Kingdom.—Imports of fresh fruit other than citrus into the United Kingdom were virtually eliminated after 1940 to economize shipping. Consumption, limited to the domestic crop, has been confined to the summer and autumn months, but some improvement has occurred in more recent years.

Supplies for this group as a whole have ranged from 50 to 75 percent of the prewar average during the war period. Practically no canned fruit was available to civilians from early 1943, but supplies of dried fruit per capita were increased and in 1945 were 11 percent above the prewar level.

Vegetables

48. The tendency was towards a higher consumption of vegetables of all types in all three countries throughout the war period. This represented a continuation of the prewar trend and also reflects programs in the three countries designed to stimulate an expansion of production. In 1945 the rate of consumption of leafy, green, and yellow vegetables was lowest in Canada and highest in the United States. In the United Kingdom production has been encouraged to supplement supplies of vitamins A and C. Supplies of other vegetables are greatest and most varied in the United States.

49. United States.—United States civilians were in 1945 eating about 6 percent more vegetables than in 1944 and at a level about 25 percent above the prewar average. Increases in military requirements were offset by an expansion in commercial production encouraged by means of price-support and other programs. During the war years increased supplies from market, farm and town gardens, particularly of snap beans and peas, played an important part in providing an abundance of fresh vegetables to the urban population.

Military requirements of fresh and frozen vegetables during the last half of 1945 were larger because of the great numbers of men returning to the United States, where fresh and frozen vegetables can be used instead of canned and dehydrated products. Canned vegetables were taken off rationing on August 15, 1945, in order to encourage a more rapid flow of canned products to consumers.

50. Canada.—The tendency in Canada has been toward greater production and consumption of leafy, green, and yellow vegetables. The Victory Garden program in urban areas was a factor in the increased production. Supplies of canned products, mainly peas, also rose appreciably. Supplies of other types of vegetables increased to a considerable extent as a result of larger production.

51. United Kingdom.—Considerable efforts have been made in the United Kingdom during the war years to stimulate the production of vegetables both commercially and in private gardens and allotments. The greatest emphasis has been on green vegetables and carrots in order to augment supplies of vitamins A and C, particularly

in view of the loss of imported fruit. Estimates of vegetable consumption are particularly hazardous, but production estimates, together with consumer survey data, suggest that there has been an increase of the order of 20 to 25 percent in the consumption of leafy, green, and yellow vegetables, and that, in the case of other vegetables, the loss of imported supplies has at least been made good. Only fresh vegetables have been available in the United Kingdom for some years as the canning of vegetables, except for military needs, was stopped in 1942 to economize manpower, tin plate, and factory space.

Grain Products

52. Before the war the consumption of grain products was at the rate of about 210 pounds per capita in the United Kingdom and Canada and about 5 percent less in the United States. Civilian consumption in the United States increased only very slightly during the war years, and that of Canada showed small declines. In the United Kingdom consumption rose in 1941 by about 20 percent owing to the shortage of other foods, and has since remained fairly steady at that level.

The situation with respect to rice became extremely grave in 1945, and all three countries were obliged to consider ways of reducing supplies to civilians.

53. United States.—Civilian supplies of grain products in the United States have shown a slightly upward trend throughout the last decade, and continue to be adequate. Rice consumption in 1945 was 10 percent lower than in 1944 and 22 percent lower than prewar. More rice moved into civilian channels in the second half of 1945. United States civilian consumption of rice was about 40 percent of domestic production in 1945 because of continued high military requirements and relief feeding, particularly in the Pacific.

54. Canada.—Supplies of grain products in Canada have been generally adequate and have fluctuated mainly with changes in crop yields. Supplies of rice which are imported chiefly from the United States were reduced in 1944 and 1945 as a result of the world shortage.

55. United Kingdom.—In the United Kingdom there has been little change in the supplies per capita of grain products as a whole since the high wartime level was established in 1941. A small increase in flour consumption was expected for 1945 as a result of more limited supplies of other foods. In view of the shortage of rice and the need to make maximum supplies available to Far Eastern and other countries dependent on this cereal, supplies of rice to United Kingdom civilians were drastically curtailed in 1945. Supplies in the last half of 1945 were now only about 14 percent of the prewar level and consisted entirely of broken rice for food manufacture.

Beverages (Tea, Coffee, and Cocoa)

56. The beverage group comprises tea, coffee, and cocoa, and as the relative consumption of these commodities in the three countries varies considerably, a comparison between the countries for the group as a whole is of limited value. When all three are added together, 1945 supplies in the three countries were larger than in 1944, and in the United States and Canada, larger than those of the base period. In the United Kingdom, however, the reduction in tea supplies brought the total of the group slightly below that of the base period.

57. United States.—In the United States consumption of these items dropped sharply in 1942 and 1943 as a result of restricted imports. Supplies of cocoa in 1945 were still about 20 percent below 1935–39 because processing facilities were insufficient to take care of civilian as well as military needs, and civilians did not receive their full quota of cocoa. Coffee, however, was derationed in 1943, and consumption increased by 20 percent since the base period. With adequate supplies of tea, this product was taken off allocation on October 1, 1945.

58. Canada.—In Canada supplies of tea and coffee were reduced sharply in 1942 and coupon rationing became necessary. However, with an improvement in the shipping situation, supplies became more adequate, and rationing was discontinued. The consumption of coffee in 1945 was 32 percent above 1935–39. After a sharp increase in the consumption of cocoa in 1940 and 1941, supplies were reduced, and have since remained at about 80 percent of prewar.

59. United Kingdom.—Tea was rationed in the United Kingdom in 1940 at 2 ounces per week and consumption was reduced in this way to about 80 percent of the prewar level. There have since been minor changes (the ration to young children was suspended and later additional supplies were made available to old people) but the basic ration remained unaltered until 1945, when it was temporarily increased to 2½ ounces. The consumption of coffee in the United Kingdom is small in relation to that of the North American countries and it has not been rationed. There has been little change in the per capita supplies of cocoa over the war years and the current level is slightly above the 1934–38 average.

TABLE 7.—*Estimated food supples moving into civilian consumption, in United States, Canada, and United Kingdom, prewar to 1945*

Food groups	Country	Pounds per capita per year									Percentage of prewar							
		Prewar	1940	1941	1942	1943	1944	1945	1945 [1]	1945 [2]	1940	1941	1942	1943	1944	1945	1945 [1]	1945 [2]
Milk and milk products, excluding butter (total milk solids—fat and nonfat).	U. S	55.2	57.5	59.2	62.4	66.0	67.5	71.8	69.5	74.1	104	107	113	120	122	130	126	134
	Can	55.8	56.7	57.5	60.8	64.9	67.3	67.6	[3]	[3]	102	103	109	116	121	121	[3]	[1] [3]
	U. K	38.2	38.3	40.6	48.3	49.5	48.7	49.8	49.7	49.8	100	106	126	130	127	130	130	130
Meat (including cured and canned meats as carcass weight) and edible offal.	U. S	134.1	150.8	151.4	148.8	148.5	162.1	143.2	131.6	154.8	112	113	111	111	121	107	98	115
	Can	118.4	121.5	129.8	138.7	155.5	149.1	139.7	150	130	103	110	117	131	126	118	127	110
	U. K	131.7	117.0	101.8	108.7	105.3	115.0	103.4	108.5	98.3	89	77	83	80	87	79	82	75
Poultry, game, and fish (edible weight).	U. S	25.6	25.0	27.9	26.7	28.7	25.9	27.2	[3]	[3]	98	109	104	112	101	106	[3]	[3]
	Can	26.0	24.8	24.5	28.5	31.4	29.0	27.3	[3]	[3]	95	94	110	121	112	105	[3]	[3]
	U. K	32.8	22.7	20.0	20.5	21.5	23.5	27.1	23.9	30.3	69	61	63	66	72	83	73	92
Eggs and egg products (fresh egg equivalent).	U. S	34.7	36.8	36.1	36.0	39.1	40.2	44.3	46.2	42.4	106	104	104	113	116	128	133	122
	Can	30.7	30.3	30.5	32.1	35.3	36.4	39.0	[3]	[3]	99	99	105	115	119	127	[3]	[3]
	U. K	24.4	22.5	18.4	21.1	22.3	23.7	24.9	29.0	20.8	92	75	86	91	97	102	119	85
Fats and oils (fat content)	U. S	44.7	46.6	47.7	44.9	43.3	42.4	39.9	39.4	40.4	104	107	100	97	95	89	88	90
	Can	41.4	41.2	44.6	47.3	42.3	41.0	37.2	[3]	[3]	100	108	114	102	99	90	[3]	[3]
	U. K	45.5	41.2	40.0	40.1	38.3	38.9	37.0	37.7	36.4	91	88	88	84	85	81	83	80
Sugar and sirups (sugar content)	U. S	106.8	105.3	114.3	100.5	93.4	102.7	87.6	90.0	85.2	99	107	94	87	96	82	84	80
	Can	104.0	106.5	111.0	90.8	88.3	97.6	79.2	[3]	[3]	102	107	87	85	94	76	[3]	[3]
	U. K	109.8	77.6	70.9	72.1	71.6	75.6	74.3	69.5	79.1	71	65	66	65	69	68	63	72
Potatoes and sweetpotatoes (fresh equivalent).	U. S	144.7	140.5	138.9	137.7	146.8	141.2	140.4	[3]	[3]	97	96	95	101	98	97	[3]	[3]
	Can	192.9	191.4	200.7	199.2	211.0	199.6	189.7	[3]	[3]	99	104	103	109	103	98	[3]	[3]
	U. K	176.0	172.2	195.2	233.7	257.8	282.2	278.1	262.9	293.3	98	111	133	146	160	158	149	167
Pulses and nuts	U. S	14.9	14.2	15.4	17.6	17.5	16.7	15.2	[3]	[3]	95	103	118	117	112	102	[3]	[3]
	Can	12.7	12.7	12.2	13.6	11.5	13.1	11.0	[3]	[3]	100	96	107	91	103	87	[3]	[3]
	U. K	9.6	6.9	7.5	6.4	6.6	7.5	7.0	5.9	8.1	72	78	67	69	78	73	61	84
Tomatoes and citrus fruit (fresh fruit equivalent).	U. S	100.3	116.0	119.8	121.8	128.1	141.8	140.5	[3]	[3]	116	119	121	128	141	140	[3]	[3]
	Can	58.5	67.7	76.7	82.9	77.1	109.3	95.4	[3]	[3]	116	131	142	132	187	163	[3]	[3]
	U. K	46.3	44.9	17.2	25.4	22.7	31.4	32.6	34.2	30.9	97	37	55	49	68	70	74	67
Other fruit (fresh fruit equivalent)	U. S	164.1	168.4	170.1	145.9	131.8	158.8	151.3	[3]	[3]	103	104	89	80	97	92	[3]	[3]
	Can	80.2	88.1	95.1	70.0	63.7	90.8	76.6	[3]	[3]	110	119	87	79	113	96	[3]	[3]
	U. K	95.0	76.1	47.8	72.9	63.0	68.6	60.5	41.2	79.8	80	50	77	66	72	64	43	84
Leafy, green, and yellow vegetables (fresh equivalent).	U. S	101.6	104.1	103.5	120.1	119.3	123.7	133.9	[3]	[3]	102	102	118	117	122	132	[3]	[3]
	Can	44.2	42.3	43.6	61.9	40.3	47.0	51.7	[3]	[3]	96	99	140	91	106	117	[3]	[3]
	U. K	70.2	73.1	79.9	89.5	83.0	88.1	85.4	80.0	90.7	104	114	127	118	125	122	114	129
Other vegetables (fresh equivalent)	U. S	81.8	81.8	85.5	97.8	94.7	96.3	98.2	[3]	[3]	100	105	120	116	118	120	[3]	[3]
	Can	34.2	31.1	27.4	41.3	25.9	55.8	51.5	[3]	[3]	91	80	121	76	163	151	[3]	[3]
	U. K	37.4	25.4	29.2	30.0	32.7	36.8	37.3	34.1	40.6	68	78	80	87	98	100	91	109
Grain products	U. S	198.8	193.2	197.0	202.5	208.3	205.0	204.6	204.0	205.2	97	99	102	105	103	103	103	103
	Can	208.2	175.0	180.5	195.4	224.5	198.5	200.0	[3]	[3]	84	87	94	108	95	96	[3]	[3]
	U. K	210.5	226.2	256.5	244.9	247.8	251.1	250.6	248.6	252.6	107	122	116	118	119	119	118	120
Beverages (tea, coffee—green beans and cocoa—raw beans).	U. S	19.1	21.1	21.1	17.7	16.4	19.9	20.4	21.2	19.6	110	110	93	86	104	107	111	103
	Can	10.9	11.9	12.8	10.5	9.0	10.9	11.1	[3]	[3]	109	117	96	83	100	102	[3]	[3]
	U. K	14.7	15.6	14.6	14.0	11.6	12.8	13.6	12.5	14.8	106	99	95	79	87	93	85	101

[1] Annual rate January–June 1945.
[2] Annual rate July–December 1945.
[3] Not available.

NOTES: (1) The figures in the above table and in all other tables in this report are national averages and should not be taken to represent the actual supply received by each individual consumer.

(2) Throughout the report the prewar base period is the average for the 5 years 1935–39 for the United States and Canada and the average of the 5 years 1934–38 for the United Kingdom.

(3) The figures for fruit, potatoes, and vegetables include an allowance for the estimated production in Victory Gardens and allotments.

Chapter 3

COMPARISON OF SUPPLIES OF NUTRIENTS

60. In the preceding chapter the quantities of each type of food available for civilian consumption in the three countries have been compared. In the present chapter the nutritive value of these foods and the relationship of supplies of nutrients to nutritive requirements will be discussed. Measurements of nutrients provide common denominators by means of which the food supplies of different countries can be compared, since measurements by weight of different foods cannot be added together owing to great variations in their food value. But it should be appreciated that measurement of nutrients are not precise, and significance should not, therefore, be attached to small differences in supplies of nutrients between one country and another or between supplies and estimated requirements.

61. The data are affected in some instances by differences between the nutrient analyses accepted in the United States and Canada and those accepted in the United Kingdom. These differences, which were explained in detail in the first report of the committee, affect the computation of the carbohydrate content, and, in consequence, the energy value, as well as the assessment of vitamin A and thiamine. The National Research Council of the United States and the Medical Research Council of the United Kingdom, as well as corresponding authorities in Canada, are examining methods of assessing the carbohydrate content of foods, and work is also being done on the problems associated with the measurement of vitamin A. The differences which arise in connection with the assessment of thiamine are due to divergencies in assay technique, and the solution of the best technique is likely to be a somewhat lengthy process. Problems have also arisen in the interpretation of the nutritive content of meat supplies; these are largely concerned with the method of estimating the fat content of meats.

62. In general, the estimated supplies of nutrients in 1945 (see tables 2 and 8) show a slight decrease, compared with 1944, in all three countries. This decrease is more noticeable in the United Kingdom supplies.

In terms of calories the decreases in supplies from 1944 are of the order of 5 percent in United States, 6 percent in Canada, and 3 percent in the United Kingdom. The estimated calories for 1945 in the United States and Canada are about the same as the averages of the base period (1935–39), whereas the United Kingdom supply is about 3 percent below the prewar level. It has been explained above that the technical methods used in computing supplies of calories in the United States and Canada differ from those adopted in the United Kingdom. This results in a higher valuation for the United States of approximately 150 calories per capita per day and for Canada of approximately 100 calories per capita per day, compared with the United Kingdom. If allowance is made for these differences in methods of the valuation, per capita supplies of calories were very similar before the war in the three countries. The estimates for 1945

indicate that supplies in the United States and Canada exceed those of the United Kingdom by about 8 percent and 3 percent, respectively. (Chart 5.)

63. Total supplies of protein available to civilians in 1945 show no significant change in Canada, the United Kingdom, and the United States, compared with 1944, but all three countries show an increase over the base period (1935–39). The total protein content of the food supplies of the United Kingdom civilians in 1945 is at the base period level of the other two countries. In the United States and Canada these increases during the war years were almost entirely in animal protein and were derived from milk, eggs, and fish.

On the other hand, the increase was entirely vegetable protein (derived mainly from bread and potatoes) in the United Kingdom, where animal protein only began to approximate the prewar level by 1944. Supplies of animal protein in the United Kingdom in 1945 were about 30 percent below the level for the United States and Canada, but those of vegetable protein were 20 percent higher.

64. Decreases in the fat content of the diets of all three countries occurred between 1944 and 1945, amounting to 6 percent for Canada and the United States and 7 percent for the United Kingdom. The fat content of the United Kingdom diet was about 12 percent below the base period (1935–39); that of the United States was 5 percent higher, and that of Canada was 6 percent higher. Compared with 1941, the fat content of the United States diet was 5 percent lower. The United Kingdom supply in 1945 was about 15 percent below that of the United States and 7 percent below that of Canada; this may somewhat understate the difference because of different methods of estimating the fat content of meat in the three countries.

65. Per capita supplies of carbohydrate were practically the same in all three countries in 1945 and were at approximately the prewar level.

66. All three countries showed an improvement in the mineral content of the diet as compared with the base period 1935–39. The calcium content of the food supplies of civilians in all three countries was about 1 gram per day in 1945. (Chart 6.)

67. The vitamin content of the per capita food supplies for 1945 in the United Kingdom was, in general, lower than in 1944, but that of the United States and Canada showed little change. All three countries, however, showed a vitamin content for the most part appreciably higher than in the base period average for each country.

Supplies of riboflavin in 1945 showed a decrease of 14 percent, compared with 1944 in the United Kingdom. Canadian supplies of ascorbic acid (vitamin C) showed considerable improvement in 1944 and 1945 but were still only about 60 to 70 percent of those in the other two countries. The vitamin A content of the United Kingdom diet was appreciably below that of the other two countries, even when allowance is made for the lower valuation resulting from different methods of assessment.

68. No fully satisfactory table exists for calculating the nutritional requirements of the population of a country as a whole. Since the

first report on food consumption levels in the three countries was prepared, considerable progress has been made, both in more accurate statement of real physiological needs and in the adjustment of such a statement to populations in respect of differences in age, sex, degree of activity, and degree of biological variation.

This progress has led recently to a revision in the United States of the figures originally used in this report, namely the recommended allowances of the National Research Council of the United States. In addition Canada has replaced recommended allowances with different figures. As no agreement has yet been reached for a common standard for all countries, it has been thought best to continue the use of the weighted recommended allowances already used for each country in terms of both full and restricted intake requirements as given in the first report on consumption levels and reproduced in appendix C.

69. As was recognized in the earlier reports, supplies of vitamin C in all three countries may not be adequate to meet the needs because of losses of this vitamin in storage, preparation, and cooking. This applies particularly to the United Kingdom, where vegetables provide the main source of vitamin C. Supplies of vitamin A in the United Kingdom are marginal and in all countries, because of probable losses in cooking, the margin between supplies and requirements of thiamine (vitamin B_1) and of riboflavin is probably narrower than the figures indicate. (Chart 7.)

70. When all these factors are taken into consideration, a comparison of the nutrient contents of the diet in each country, with the table of requirements given, must be made with great caution. It may still be said, however, as was done in the First Report "that in all three countries the requirements are exceeded by supplies".

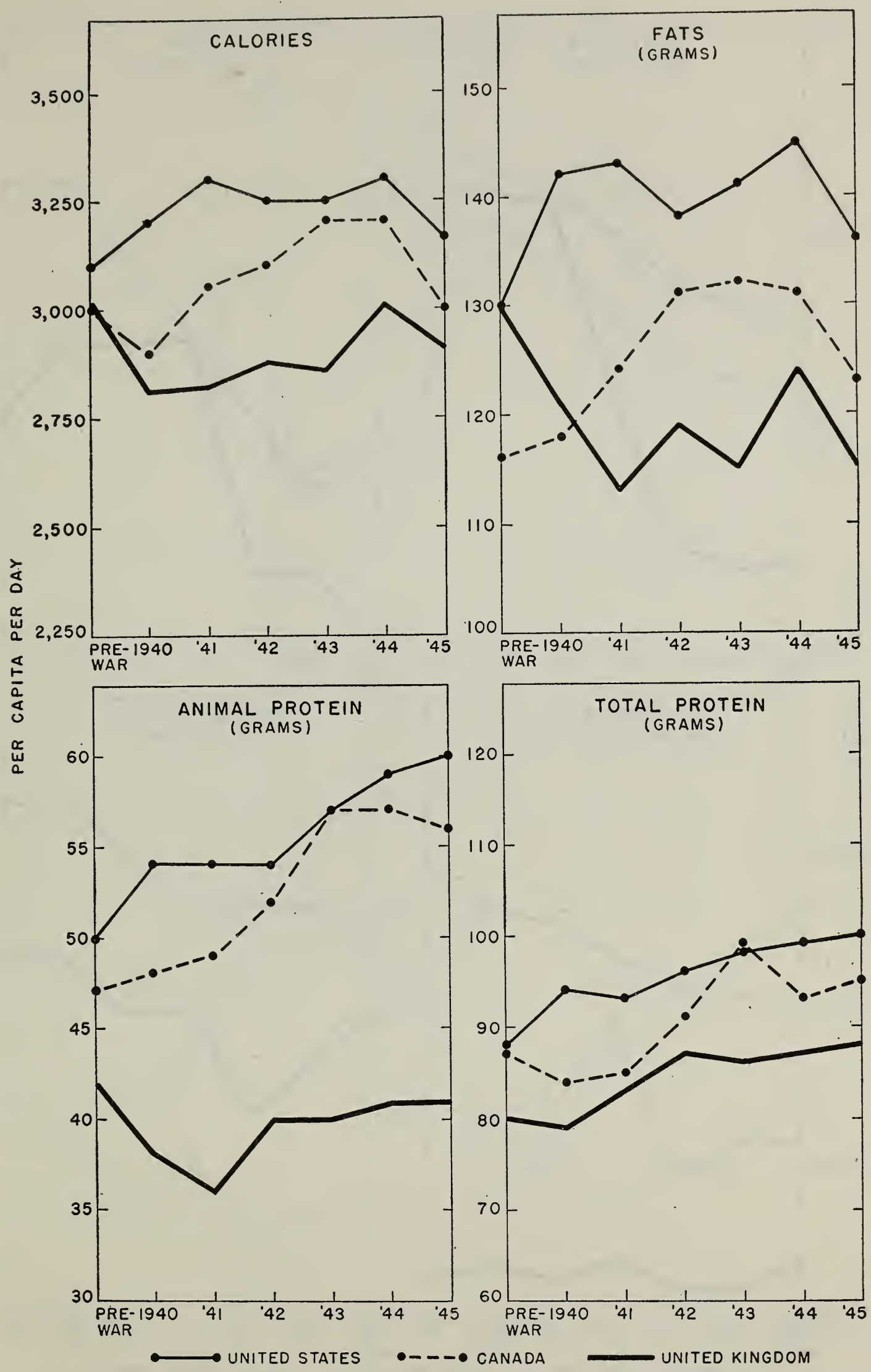

CHART 5.—Supplies of nutrients available for civilan consumption per capita per day in the United States, Canada, and United Kingdom, prewar to 1945; calories, fats, animal protein, and total protein.

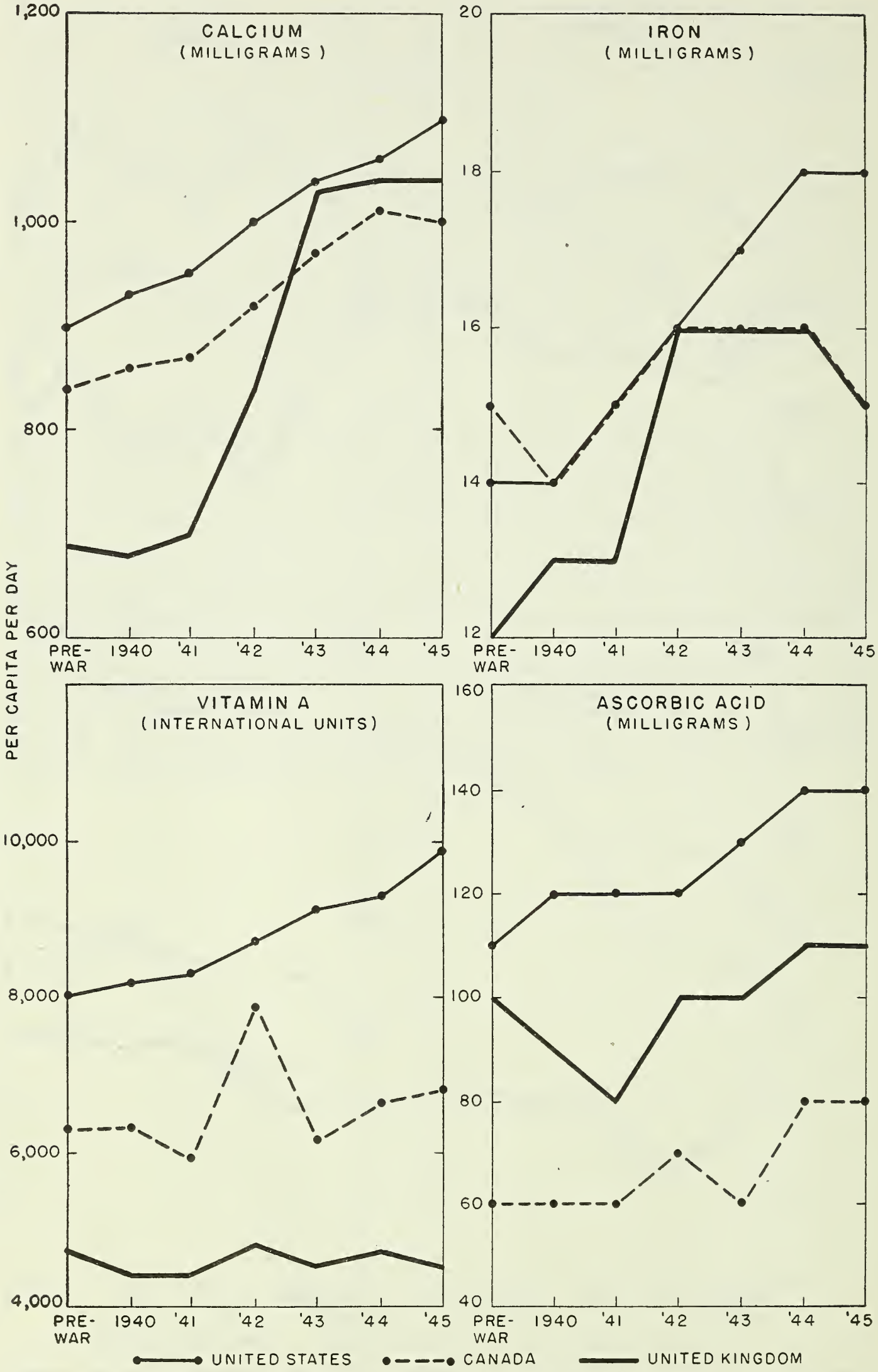

CHART 6.—Supplies of nutrients available for civilian consumption per capita per day in the United States, Canada, and United Kingdom, prewar to 1945; calcium, iron, vitamin A, and ascorbic acid.

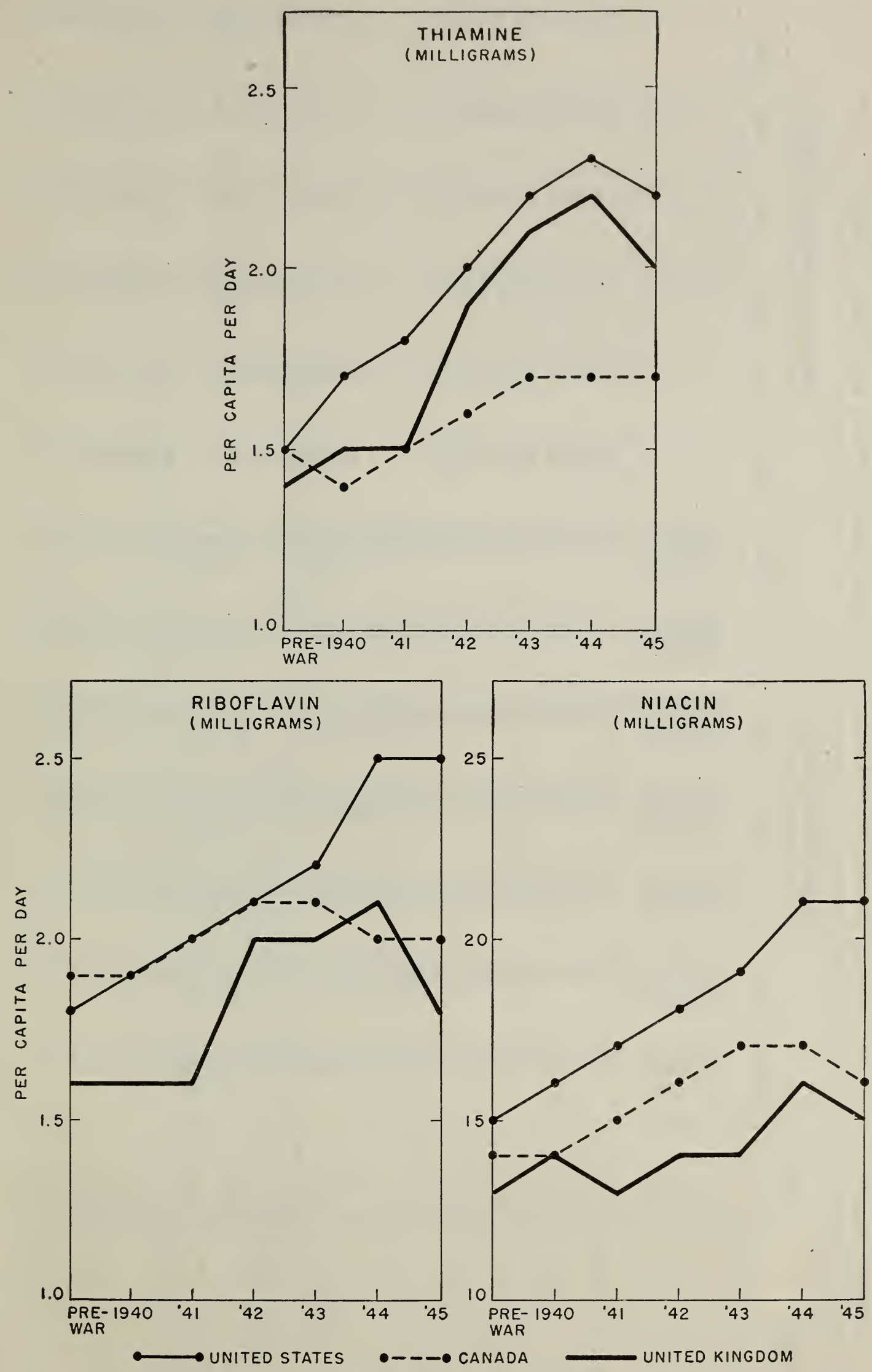

CHART 7.—Supplies of nutrients available for civilian consumption per capita per day in the United States, Canada, and United Kingdom, prewar to 1945; thiamine, riboflavin, and niacin.

TABLE 8.—*Estimated supplies of nutrients available for civilian consumption in United States, Canada, and United Kingdom, prewar to 1945*

Item	Country	Supplies per capita per day							Supplies as a percentage of prewar					
		Prewar	1940	1941	1942	1943	1944	1945	1940	1941	1942	1943	1944	1945
Calories	U. S	3,250 (3,100)	3,360 (3,200)	3,440 (3,300)	3,380 (3,250)	3,400 (3,250)	3,480 (3,300)	3,320 (3,170)	103	106	104	105	107	102
	Can	3,110 (3,000)	3,010 (2,900)	3,130 (3,050)	3,180 (3,100)	3,300 (3,200)	3,280 (3,200)	3,080 (3,000	97	101	102	106	105	99
	U. K	3,010	2,810	2,820	2,880	2,860	3,010	2,910	93	94	96	95	100	97
Protein:														
Animal—grams	U. S	50	54	54	54	57	59	60	108	108	108	114	118	120
	Can	47	48	49	52	57	57	56	102	104	111	121	121	119
	U. K	42	38	36	40	40	41	41	90	86	95	95	98	98
Vegetable—do	U. S	38	40	39	42	41	40	40	105	103	111	108	105	105
	Can	40	36	36	39	42	36	39	90	90	98	105	90	98
	U. K	38	41	47	47	46	46	47	108	124	124	121	121	124
Total—do	U. S	88	94	93	96	98	99	100	107	106	109	111	113	114
	Can	87	84	85	91	99	93	95	97	98	105	114	107	109
	U. K	80	79	83	87	86	87	88	99	104	109	108	109	110
Fat—do	U. S	130	142	143	138	141	145	136	109	110	106	108	112	105
	Can	116	118	124	131	132	131	123	102	107	113	114	113	106
	U. K	130	121	113	119	115	124	115	93	87	92	88	95	88
Carbohydrate—do	U. S	429 (390)	426 (385)	443 (410)	434 (400)	433 (395)	443 (400)	422 (385)	99	103	101	101	103	98
	Can	429 (400)	402 (375)	416 (395)	405 (385)	428 (400)	423 (400)	404 (385)	94	97	94	100	99	94
	U. K	378	352	368	365	370	387	380	93	97	97	98	102	101
Calcium—milligrams	U. S	900	930	950	1,000	1,040	1,060	1,100	103	106	111	116	118	122
	Can	840	860	870	920	970	1,010	1,000	102	104	110	115	120	119
	U. K	690	680	700	840	1,030	1,040	1,040	99	101	122	149	151	151
Iron—do	U. S	14	14	15	16	17	18	18	100	107	114	121	129	129
	Can	15	14	15	16	16	16	15	93	100	107	107	107	100
	U. K	12	13	13	16	16	16	15	108	108	133	133	133	125
Vitamin A—international units	U. S	8,030	8,180	8,260	8,750	9,130	9,290	9,910	102	103	109	114	116	123
	Can	6,280	6,310	5,970	7,940	6,150	6,650	6,810	100	95	126	98	106	108
	U. K	4,000 (4,700)	3,680 (4,400)	3,600 (4,400)	3,800 (4,800)	3,620 (4,500)	3,790 (4,700)	3,660 (4,500)	92	90	95	91	95	92
Ascorbic acid—milligrams	U. S	110	120	120	120	130	140	140	109	109	109	118	127	127
	Can	60	60	60	70	60	80	80	100	100	117	100	133	133
	U. K	100	90	80	100	100	110	110	90	80	100	100	110	110
Thiamine—do	U. S	1.5	1.7	1.8	2.0	2.2	2.3	2.2	113	120	133	147	153	147
	Can	1.5	1.4	1.5	1.6	1.7	1.7	1.7	93	100	107	113	113	113
	U. K	1.2 (1.4)	1.3 (1.5)	1.4 (1.5)	1.7 (1.9)	1.9 (2.1)	2.0 (2.2)	1.8 (2.0)	108	117	142	158	167	150

Riboflavin	do	U. S	1.8	1.9	2.0	2.1	2.2	2.5	2.5	106	111	117	122	139	139
		Can	1.9	1.9	2.0	2.1	2.1	2.0	2.0	100	105	111	111	105	105
		U. K	1.6	1.6	1.6	2.0	2.0	2.1	1.8	100	100	125	125	131	113
Niacin	do	U. S	15	16	17	18	19	21	21	107	113	120	127	140	140
		Can	14	14	15	16	17	17	16	100	107	114	121	121	114
		U. K	13	14	13	14	14	16	15	108	100	108	108	123	115

NOTES: (1) The figures in the above table and in all other tables in this report are national averages and should not be taken to represent the actual supply received by each individual consumer. No allowance has been made in the above figures for the substantial losses of some nutrients which may occur in storage, preparation, and cooking.

(2) The figures in parentheses following those for calories and carbohydrates (United States and Canada) and vitamin A and thiamine (United Kingdom) indicate the approximate values if calculated with the same nutrient factors as for the other countries. For these nutrients the methods of estimation in the three countries are not entirely comparable. For other nutrients this difficulty does not arise and the figures may be regarded as comparable.

(3) In the case of the United Kingdom a separate assessment has been made of supplies of nutrients in the two halves of 1945 as follows:

Period	Calories	Animal protein (gm.)	Vegetable protein (gm.)	Total protein (gm.)	Fat (gm.)	Carbohydrate (gm.)
January–June 1945	2,900	42	46	88	119	369
July–December 1945	2,920	41	48	89	107	392

APPENDIXES

APPENDIX A. SUMMARY OF PER CAPITA SUPPLIES OF FOOD MOVING INTO CIVILIAN CONSUMPTION

TABLE 9.—*Summary of per capita supplies moving into civilian consumption in the United States, prewar average, 1940–45*

Commodity	Pounds per capita per year—retail weight, except meat, coffee, and cocoa, as specified									As percent of prewar							
	Prewar	1940	1941	1942	1943	1944	1945	1945 Jan.–June [1]	1945 July–Dec.[2]	1940	1941	1942	1943	1944	1945	1945 Jan.–June [1]	1945 July–Dec.[2]
1. Milk and milk products:																	
Fluid whole milk	265.3	267.7	273.9	288.7	326.1	342.3	357.4	345.2	369.6	101	103	109	123	129	135	130	139
Fluid cream, n. e. s	[3]10.6	[3]10.7	[3]10.9	[3]11.8	[3]13.4	[4]14.0	[4]15.7	[4]15.0	[4]16.4	101	103	111	126	132	148	142	155
Cheese, Cheddar style	3.7	4.1	4.3	4.8	3.0	3.0	3.5	3.4	3.6	111	116	130	81	81	95	92	97
Cheese, other	1.5	1.5	1.5	1.5	1.7	1.6	1.7	1.7	1.7	100	100	100	113	107	113	113	113
Evaporated whole milk	15.1	17.4	16.6	16.3	16.9	14.2	16.1	17.2	15.0	115	110	108	112	94	107	114	99
Condensed whole milk	1.6	1.8	1.7	1.9	1.7	1.7	1.9	2.0	1.8	112	106	119	106	106	119	125	112
Malted milk	.1	.1	.1	.2	.3	.3	.3	.4	.2	100	100	200	300	300	300	400	200
Dried whole milk	.1	.2	.2	.4	.4	.3	.5	.4	.6	200	200	400	400	300	500	400	600
Dried skim milk (nonfat dry milk solids)	1.9	2.2	2.4	2.2	2.0	1.7	2.3	2.2	2.4	116	126	116	105	89	121	116	126
Condensed skim milk	2.8	3.1	3.8	4.2	4.9	5.8	6.0	6.0	6.0	111	136	150	175	207	214	214	214
Skim milk cheese	1.5	1.8	1.9	2.0	2.0	2.0	2.3	2.4	2.2	120	127	133	133	133	153	160	147
Skim and buttermilk	53.9	55.7	56.2	57.7	56.9	55.0	56.2	52.1	60.3	103	104	107	106	102	104	97	112
Condensed and evaporated buttermilk	.1	.1	.1	.2	.2	.2	.1	.1	.1	100	100	200	200	200	100	100	100
Dried buttermilk	-------	.1	.2	.2	.2	.2	.1	.1	.1	-------	-------	-------	-------	-------	-------	-------	-------
Dried whey	.1	.1	.1	.1	.1	.2	.2	.2	.2	100	100	100	100	200	200	200	200
Milk in ice cream, n. e. s.:																	
Whole milk	5.9	7.0	8.6	9.8	7.1	7.6	7.8	6.8	8.8	119	146	166	120	129	132	115	149
Cream (40 percent)	1.8	2.1	2.6	2.9	2.1	2.3	2.3	2.0	2.6	117	144	161	117	128	128	111	144
Total (as milk solids)	55.2	57.5	59.2	62.4	66.0	67.5	71.8	69.5	74.1	104	107	113	120	122	130	126	134
2. Meat:																	
Beef, bone in	54.8	54.7	60.5	61.2	49.6	55.1	53.6	46.6	60.6	100	110	112	91	101	98	85	111
Veal	8.0	7.4	7.6	8.0	7.9	11.2	11.2	9.0	13.4	93	95	100	99	140	140	112	168
Lamb and mutton	6.7	6.6	6.8	7.2	6.4	6.6	7.0	6.8	7.2	99	101	108	96	99	104	101	107
Pork (excluding lard)	56.1	72.4	66.6	61.5	72.4	76.7	59.7	58.0	61.4	129	119	110	129	137	106	103	109
Offal	8.5	9.7	9.9	10.9	12.2	12.5	11.7	11.2	12.2	114	117	128	143	147	138	132	144
Total carcass weight (including edible weight of offal)	134.1	150.8	151.4	148.8	148.5	162.1	143.2	131.6	154.8	112	113	111	111	121	107	98	115

Poultry, game and fish:																		
Chickens	17.4	17.5	18.8	20.8	27.1	22.8	22.8	17.0	28.6	101	108	120	156	131	131	98	164
Other poultry	3.3	4.2	4.2	4.3	4.0	3.9	5.0	2.0	8.0	127	127	130	121	118	152	61	242
Game and rabbits	2.0	2.0	2.0	2.0	2.0	2.0	2.0	(5)	(5)	100	100	100	100	100	100	(5)	(5)
Fish, fresh, frozen, and cured:																		
Shellfish	1.0	1.1	1.1	1.0	1.3	1.0	1.0	(5)	(5)	110	110	100	130	100	100	(5)	(5)
Other fish	5.7	5.1	6.4	5.2	4.3	4.6	5.3	(5)	(5)	89	112	91	75	81	93	(5)	(5)
Canned fish	4.9	4.1	4.9	3.7	2.7	2.6	2.4	(5)	(5)	84	100	76	55	53	49	(5)	(5)
Total (as edible weight)	25.6	25.0	27.9	26.7	28.7	25.9	27.2	(5)	(5)	98	109	104	112	101	106	(5)	(5)
4. Eggs:																		
Eggs (including fresh egg equivalent of dried and liquid eggs)	34.7	36.8	36.1	36.0	39.1	40.2	44.3	46.2	42.4	106	104	104	113	116	128	133	122
5. Fats and oils:																		
Butter	16.7	16.9	15.9	15.6	11.7	12.0	10.5	9.6	11.4	101	95	93	70	72	63	57	68
Margarine	2.9	2.4	2.8	2.8	3.9	3.9	4.2	4.2	4.2	83	97	97	134	134	145	145	145
Lard	11.0	14.7	14.1	13.6	14.6	13.9	11.9	12.0	11.8	134	128	124	133	126	108	109	107
Shortening	11.7	8.9	10.4	8.9	9.8	9.2	9.9	10.0	9.8	76	89	76	84	79	85	85	84
Other edible fats and oils	6.3	7.5	8.2	7.6	6.4	6.5	6.2	6.2	6.2	119	130	121	102	103	98	98	98
Total (fat content)	44.7	46.6	47.7	44.9	43.3	42.4	39.9	39.4	40.4	104	107	100	97	95	89	88	90
6. Sugars and sirups:																		
Cane and beet sugar used for human consumption	95.9	94.5	102.6	84.9	79.1	88.1	72.4	77.0	67.8	99	107	89	82	92	75	80	71
Sirups, glucose, etc., used for human consumption	15.0	15.1	16.1	23.0	20.5	21.3	21.6	18.6	24.6	101	107	153	137	142	144	124	164
Honey	1.4	1.5	1.6	1.3	1.7	1.6	1.8	1.4	2.2	107	114	93	121	114	129	100	157
Total (sugar content)	106.8	105.3	114.3	100.5	93.4	102.7	87.6	90.0	85.2	99	107	94.	87	96	82	84	80
7. Potatoes:																		
Potatoes	124.0	123.4	120.7	119.0	127.1	122.1	121.4	(5)	(5)	100	97	96	102	98	98	(5)	(5)
Sweetpotatoes	20.7	17.1	18.2	18.7	19.7	19.1	19.0	(5)	(5)	83	88	90	95	92	92	(5)	(5)
Total	144.7	140.5	138.9	137.7	146.8	141.2	140.4	(5)	(5)	97	96	95	101	98	97	(5)	(5)
8. Pulses and nuts:																		
Dry beans	8.4	8.0	8.4	10.8	8.5	7.6	6.9	3.4	10.4	95	100	129	101	90	82	40	124
Dry peas	.6	.3	.4	.3	1.0	1.1	1.0	1.2	.8	50	67	50	167	183	167	200	133
Soya flour, flakes, and grits	.2	.2	.3	.4	.7	.8	.6	.6	.6	100	150	200	350	400	300	300	300
Peanuts	4.5	4.3	5.0	4.8	6.4	6.1	5.4	3.2	7.6	96	111	107	142	136	120	71	169
Tree nuts	1.2	1.4	1.3	1.3	.9	1.1	1.3	(5)	(5)	117	108	108	75	92	108	(5)	(5)
Total	14.9	14.2	15.4	17.6	17.5	16.7	15.2	(5)	(5)	95	103	118	117	112	102	(5)	(5)

See footnotes at end of table.

TABLE 9.—*Summary of per capita supplies moving into civilian consumption in the United States, prewar average, 1940–45*—Continued

Commodity	Pounds per capita per year—retail weight except meat, coffee, and cocoa, as specified									As percent of prewar							
	Prewar	1940	1941	1942	1943	1944	1945	1945–Jan.–June [2]	1945–July–Dec.[1]	1940	1941	1942	1943	1944	1945	1945–Jan.–June [1]	1945–July–Dec.[2]
9. Tomatoes and citrus fruit:																	
Fresh tomatoes	23.1	23.1	24.3	26.6	28.7	29.5	30.0	(5)	(5)	100	105	115	124	128	130	(5)	(5)
Canned tomatoes	11.5	12.3	13.2	13.4	14.8	12.9	12.7	(5)	(5)	107	115	117	129	111	110	(5)	(5)
Fresh citrus fruit	45.7	52.6	53.5	53.3	55.8	63.5	61.4	(5)	(5)	115	117	117	122	139	134	(5)	(5)
Fresh citrus fruit (incl. marmalade)	------	------	------	------	.2	.2	.2	(5)	(5)	------	------	------	------	------	------	(5)	(5)
Canned citrus fruit (incl. citrus juice)	2.3	4.9	4.8	4.6	4.0	7.5	7.8	(5)	(5)	213	209	200	174	326	339	(5)	(5)
Total (fresh fruit equivalent)	100.3	116.0	119.8	121.8	128.1	141.8	140.5	(5)	(5)	116	119	121	128	141	140	(5)	(5)
10. Other fruit:																	
Fresh fruit, including melons	121.6	119.6	119.0	102.0	88.3	114.1	110.2	(5)	(5)	98	98	84	73	94	91	(5)	(5)
Fruit pulp and fruit in jams and jellies	1.9	1.8	1.8	1.4	2.1	3.3	2.4	(5)	(5)	95	95	74	111	174	126	(5)	(5)
Canned fruit and juices	16.7	19.5	21.0	21.9	19.8	15.0	11.3	(5)	(5)	117	126	131	119	90	68	(5)	(5)
Frozen fruit	.7	1.2	1.3	1.6	1.3	2.0	1.9	(5)	(5)	171	186	229	186	286	271	(5)	(5)
Dried fruit (processed weight)	5.5	6.2	6.3	4.0	4.5	5.9	6.4	(5)	(5)	113	115	73	82	107	116	(5)	(5)
Total (fresh fruit equivalent)	164.1	168.4	170.1	145.9	131.8	158.8	151.3	(5)	(5)	103	104	89	80	97	92	(5)	(5)
11. Leafy, green, and yellow vegetables:																	
Fresh:																	
Cabbage and greens	50.7	50.4	49.2	56.4	54.5	59.0	66.3	(5)	(5)	99	97	111	107	116	131	(5)	(5)
Carrots	10.8	11.3	11.5	12.0	13.8	12.9	14.8	(5)	(5)	105	106	111	128	119	137	(5)	(5)
Legumes	14.8	15.7	15.0	18.2	19.4	18.7	19.5	(5)	(5)	106	101	123	131	126	132	(5)	(5)
Other vegetables	15.1	15.2	14.5	19.0	18.4	19.5	19.9	(5)	(5)	101	96	126	122	129	132	(5)	(5)
Canned	10.8	12.1	13.9	14.7	13.8	13.1	13.1	(5)	(5)	112	129	136	128	121	121	(5)	(5)
Frozen	.4	.5	.6	1.0	.6	1.4	1.2	(5)	(5)	125	150	250	150	350	300	(5)	(5)
Dehydrated	------	------	------	------	------	(6)	(6)	(5)	(5)	------	------	------	------	------	------	------	(5)
Total (fresh equivalent)	101.6	104.1	103.5	120.1	119.3	123.7	133.9	(5)	(5)	102	102	118	117	122	132	(5)	(5)
12. Other vegetables:																(5)	
Fresh	66.9	67.0	69.2	76.5	74.0	77.8	79.8	(5)	(5)	100	103	114	111	116	119	(5)	(5)
Canned	7.1	6.9	7.6	10.0	9.7	8.5	8.6	(5)	(5)	97	107	141	137	120	121	(5)	(5)
Frozen	------	.1	.1	.1	.1	.2	.1	(5)	(5)	------	------	------	------	------	------	(5)	(5)
Dehydrated	------	------	------	------	------	(6)	(6)	(5)	(5)	------	------	------	------	------	------	(5)	(5)
Total (fresh equivalent)	81.8	81.8	85.5	97.8	94.7	96.3	98.2	(5)	(5)	100	105	120	116	118	120	(5)	(5)

13. Grain products:																		
Flour (including rye flour)	155.5	150.1	154.7	158.6	164.9	164.0	164.3	166.0	162.6	97	99	102	106	105	106	107	105
Oatmeal and rolled oats	3.9	4.0	4.0	4.8	4.0	3.2	4.1	4.0	4.2	103	103	123	103	82	105	103	108
Wheat, corn, and other cereals	5.4	5.6	6.0	6.2	6.3	6.2	6.3	6.4	6.2	104	111	115	117	115	117	119	115
Rice	5.7	6.2	6.2	5.9	6.3	6.2	5.6	3.4	7.8	109	109	104	111	109	98	60	137
Starch	1.3	1.3	1.5	1.7	1.8	1.4	1.4	1.4	1.4	100	115	131	138	108	108	108	108
Corn meal	23.9	22.8	21.2	21.5	21.0	20.0	19.0	19.0	19.0	95	89	90	88	84	79	79	79
Hominy grits	1.2	1.7	1.6	1.8	1.8	1.8	1.7	1.8	1.6	142	133	150	150	150	142	150	133
Pearl barley	.1	.1	.1	.1	.1	.1	.1	.1	.1	100	100	100	100	100	100	100	100
Barley for other food uses	1.1	.8	1.1	1.3	1.4	1.4	1.4	1.2	1.6	73	100	118	127	127	127	109	145
Buckwheat flour	.5	.5	.4	.5	.7	.7	.7	.7	.7	100	80	100	140	140	140	140	140
Tapioca, sago, and arrowroot	.2	.1	.2	.1	(6)	(6)	(6)	(6)	(6)	50	100	50	------	------	------	--------	--------
Total	198.8	193.2	197.0	202.5	208.3	205.0	204.6	204.0	205.2	97	99	102	105	103	103	103	103
14. Beverages:																		
Coffee (green beans)	14.0	15.5	15.5	13.4	13.0	15.8	16.2	16.8	15.6	111	111	96	93	113	116	120	111
Tea	.7	.7	.8	.5	.5	.5	.7	.8	.6	100	114	71	71	71	100	114	86
Cocoa (raw beans)	4.4	4.9	4.8	3.8	2.9	3.6	3.5	3.6	3.4	111	109	86	66	82	80	82	77
Total	19.1	21.1	21.1	17.7	16.4	19.9	20.4	21.2	19.6	110	110	93	86	104	107	111	103

[1] Annual rate January–June 1945.
[2] Annual rate July–December 1945.
[3] Includes 25 percent butterfat cream as follows: Prewar average 2.9 pounds; 1940, 1941, and 1943, 2.8 pounds; 1942, 2.7 pounds; remaining quantities are 20 percent butterfat cream.
[4] Includes 25 percent butterfat cream as follows: 1944 and 1945, 2.8 pounds; January-June 1945, 2.8 pounds; July–December 1945, 2.8 pounds; remaining quantities are 20 percent butterfat cream.
[5] Not available.
[6] Less than .05 pound.

NOTE: Dry peas and peanuts—Data for all years through 1943 are for the crop year ending Aug. 31 of the year indicated. Data for 1944 and 1945 are for calendar years. Tree nuts—Data are for the crop year ending approximately Sept. 30 of the year indicated, and assumed eaten in the year indicated. Canned fruits and vegetables—Data are on a pack-year basis corresponding approximately to a fiscal year ending on June 30 of the year indicated. Canned citrus—Data are for the pack-year ending on Oct. 31 of year indicated. Dried fruit—Data are for the marketing year ending in the year indicated. Rice—Figures for 1943 and earlier years are for the marketing year ending in the year indicated. Figures for 1944 and subsequent years are for the calendar year.

TABLE 10.—*Summary of per capita supplies moving into civilian consumption in Canada, prewar average, 1940—45*

Commodity	Pounds per capita per year—retail weight except meat, coffee, and cocoa, as specified							As percent of prewar					
	Prewar	1940	1941	1942	1943	1944	1945	1940	1941	1942	1943	1944	1945
1. Milk and milk products:													
Fluid whole milk	347.3	350.9	346.5	367.5	390.5	401.0	404.2	101	100	106	112	115	116
Fluid cream, n. e. s. [1]	12.8	13.0	12.9	13.6	15.0	18.4	18.4	102	101	106	117	144	144
Cheese, Cheddar style	3.4	3.3	4.1	3.3	3.9	4.0	4.0	97	121	97	115	118	118
Cheese, other	.3	.3	.3	.3	.3	.3	.3	100	100	100	100	100	100
Cheese, cottage	.1	.2	.2	.2	.2	.4	.4	200	200	200	200	400	400
Evaporated whole milk	6.1	8.3	8.9	11.2	11.5	9.2	10.4	136	146	184	189	151	170
Condensed whole milk	.6	.6	.4	.7	.8	.9	1.0	100	67	117	133	150	167
Malted milk	.1	.1	.05	.07	.03	.06	.04	100	50	70	30	60	40
Dried whole milk	.1	.1	.2	.4	.7	.4	.4	100	200	400	700	400	400
Dried skim milk	1.8	2.3	2.4	2.3	2.1	2.6	2.4	128	133	128	117	144	133
Condensed skim milk	.4	.4	.4	.5	.4	[2].5	[2].6	100	100	125	100	125	150
Skim and buttermilk	4.8	5.2	5.2	4.4	4.9	5.0	5.0	108	108	92	102	104	104
Whole milk in ice cream [3]	13.0	15.4	19.8	21.4	24.2	24.5	22.8	118	152	165	186	188	175
Total (as milk solids)	55.8	56.7	57.5	60.8	64.9	67.3	67.6	102	103	109	116	121	121
2. Meat:													
Beef, with bone	54.7	54.5	58.3	60.1	69.3	61.7	60.4	100	107	110	127	113	110
Veal	10.5	10.8	11.1	10.8	10.2	11.0	11.3	103	106	103	97	105	108
Mutton and lamb	5.6	4.5	4.9	5.0	4.6	4.8	4.2	80	88	89	82	86	75
Pork (excluding lard)	39.9	44.7	46.3	53.3	61.0	61.4	55.2	112	116	134	153	154	138
Offal	5.8	5.5	6.0	6.4	7.3	7.4	7.3	95	103	110	126	128	126
Canned meat	1.4	1.1	2.4	2.3	2.3	2.1	.9	79	171	164	164	150	64
Total (as carcass weight)	118.4	121.5	129.8	138.7	155.5	149.1	139.7	103	110	117	131	126	118
3. Poultry, game, and fish:													
Chickens	15.6	16.7	16.3	19.3	20.5	23.7	23.2	107	104	124	131	152	149
Other poultry	2.8	4.0	3.6	5.2	3.5	3.9	3.8	143	129	186	125	139	136
Game and rabbits	4.3	4.3	4.3	4.3	4.3	4.3	4.3	100	100	100	100	100	100
Fish, fresh, frozen, and cured:													
Shellfish	.4	.4	.5	.3	.3	.3	.4	100	125	75	75	75	100
Other	8.8	6.2	6.1	6.1	8.7	7.1	6.6	70	69	69	99	81	75
Canned fish	2.7	2.7	2.9	4.4	5.2	2.4	1.4	100	107	163	193	89	52
Total (edible weight)	26.0	24.8	24.5	28.5	31.4	29.0	27.3	95	94	110	121	112	105
4. Eggs:													
Fresh	30.3	29.9	30.2	31.2	35.2	36.2	38.9	99	100	103	116	119	128
Dried	.1	.08	.07	.2	.02	.04	.02	80	70	200	20	40	20
Total (as shell egg equivalent)	30.7	30.3	30.5	32.1	35.3	36.4	39.0	99	99	105	115	119	127

5. Fats and oils:													
Butter	31.0	30.8	30.7	33.1	27.7	29.7	28.6	99	99	107	89	96	92
Lard	3.9	7.0	7.7	9.6	10.4	7.5	4.7	179	197	246	267	192	121
Shortening	10.6	7.4	10.1	8.8	8.4	8.3	7.9	70	95	83	79	78	75
Other fats and oils	1.8	1.9	1.9	2.1	1.1	1.1	1.4	106	106	117	61	61	78
Total (fat content)	41.4	41.2	44.6	47.3	42.3	41.0	37.2	100	108	114	102	99	90
6. Sugar and sirups:													
Refined sugar	94.7	98.6	102.9	80.3	76.6	83.8	68.9	104	109	85	81	88	73
Maple sugar	1.8	2.1	1.3	2.0	1.4	2.2	1.1	117	72	111	78	122	61
Corn and other sirups	2.2	.6	.7	1.7	2.7	3.2	2.9	27	32	77	123	145	132
Molasses	3.7	3.9	4.1	3.9	3.9	7.0	6.4	105	111	105	105	189	173
Honey	2.4	1.4	1.9	2.1	3.4	2.9	2.4	58	79	88	142	121	100
Glucose	3.6	[4] 4.0	[4] 4.6	[4] 6.4	6.3	5.6	5.5	[4] 111	[4] 128	[4] 178	175	156	153
Total (sugar content)	104.0	106.5	111.0	90.8	88.3	97.6	79.2	102	107	87	85	94	76
7. Potatoes:													
Potatoes (white)	192.3	190.8	200.1	198.5	210.4	199.0	189.0	99	104	103	109	103	98
Sweetpotatoes	.6	.6	.6	.7	.6	.6	.7	100	100	117	100	100	117
Total	192.9	191.4	200.7	199.2	211.0	199.6	189.7	99	104	103	109	103	98
8. Pulses and nuts:													
Dry beans	3.7	3.9	3.8	7.8	4.6	4.4	4.2	105	103	211	124	119	114
Dry peas	5.7	4.7	4.5	4.1	5.3	5.0	4.1	82	79	72	93	88	72
Soya beans	----	.1	.1	.1	.2	.3	.3	----	----	----	----	----	----
Peanuts	2.2	2.8	3.1	1.0	1.3	2.8	2.0	127	141	45	59	127	91
Tree nuts	1.1	1.2	.7	.6	.1	.6	.4	109	64	55	9	55	36
Total	12.7	12.7	12.2	13.6	11.5	13.1	11.0	100	96	107	91	103	87
9. Tomatoes and citrus fruits:													
Fresh tomatoes	15.4	15.3	20.9	18.1	17.8	22.8	22.1	99	136	118	116	148	144
Canned tomatoes and products	10.0	13.6	13.2	16.9	9.7	19.0	15.7	136	132	169	97	190	157
Fresh citrus fruit	25.1	27.3	29.8	33.3	42.6	47.4	48.6	109	119	133	170	189	194
Canned citrus fruit	.5	1.0	1.8	1.4	.1	3.4	.8	200	360	280	20	680	160
Total (fresh fruit equivalent)	58.5	67.7	76.7	82.9	77.1	109.3	95.4	116	131	142	132	187	163
10. Other fruits:													
Fresh fruit	40.5	48.9	58.2	37.3	36.2	51.9	42.5	121	144	92	89	128	105
Canned fruit	6.3	6.3	6.5	7.8	2.5	4.2	2.7	100	103	124	40	67	43
Frozen fruit	.2	.1	.4	.1	.2	.3	.05	50	200	50	100	150	25
Dried fruit	8.3	8.2	7.5	6.2	6.2	8.6	7.7	99	90	75	75	104	93
Total (fresh fruit equivalent)	80.2	88.1	95.1	70.0	63.7	90.8	76.6	110	119	87	79	113	96

See footnotes at end of table.

TABLE 10.—*Summary of per capita supplies moving into civilian sonsumption in Canada, prewar average, 1940—45*—Continued

Commodity	Pounds per capita per year—retail weight except meat, coffee, and cocoa, as specified							As percent of prewar					
	Prewar	1940	1941	1942	1943	1944	1945	1940	1941	1942	1943	1944	1945
11. Leafy, green, and yellow vegetables:													
Fresh													
Cabbage and greens	16.2	15.9	17.9	24.0	15.9	19.0	24.0	98	110	148	98	117	148
Carrots	15.4	14.9	11.9	22.2	12.6	12.7	13.5	97	77	144	82	82	88
Legumes	6.2	4.4	4.2	5.6	4.4	3.4	3.2	71	68	90	71	55	52
Canned	6.4	7.1	9.6	10.1	7.4	11.9	11.0	111	150	158	116	186	172
Total (as fresh equivalent)	44.2	42.3	43.6	61.9	40.3	47.0	51.7	96	99	140	91	106	117
12. Other vegetaples:													
Fresh	29.8	27.6	22.9	36.3	22.6	50.4	47.1	93	77	122	76	169	158
Canned	4.4	3.5	4.5	5.0	3.3	5.4	4.4	80	102	114	75	123	100
Total (as fresh equivalent)	34.2	31.1	27.4	41.3	25.9	55.8	51.5	91	80	121	76	163	151
13. Grain products:													
Pot and pearl barley	.3	.3	.3	.4	.4	.4	.4	100	100	133	133	133	133
Corn meal and flour	1.4	.9	.3	.4	.7	1.3	.8	64	21	29	50	93	57
Edible starch	2.2	1.5	1.9	1.8	2.0	1.6	1.1	68	86	82	91	73	50
Buckwheat flour	.2	.1	.1	.1	.1	.1	.1	50	50	50	50	50	50
Oatmeal and rolled oats	7.3	5.7	7.5	6.3	7.5	6.9	6.7	78	103	86	103	95	92
Rice	4.3	3.6	4.0	2.8	5.3	2.8	2.4	84	93	65	123	65	56
Wheat and other cereals	7.4	4.9	6.4	5.9	8.2	8.1	8.0	66	86	80	111	109	108
Flour (including rye)	184.8	157.7	159.7	177.6	200.3	177.3	180.5	85	86	96	108	96	98
Tapioca, sago, and arrowroot	.3	.3	.3	.1	----------	----------	.02	100	100	33	----------	----------	7
Total	208.2	175.0	180.5	195.4	224.5	198.5	200.0	84	87	94	108	95	96
14. Beverages:													
Tea	3.5	3.6	3.2	2.7	2.0	2.9	3.2	103	91	77	57	83	91
Coffee (green beans)	3.7	3.6	4.3	3.9	4.0	4.9	4.9	97	116	105	108	132	132
Cocoa (raw beans)	3.7	4.7	5.3	3.9	3.0	3.1	3.0	127	143	105	81	84	81
Total	10.9	11.9	12.8	10.5	9.0	10.9	11.1	109	117	96	83	100	102

[1] Includes 25 percent butterfat in prewar years, and 18 percent in war years.
[2] Includes evaporated milk.
[3] Includes whole milk equivalent of cream in ice cream.
[4] Estimated.

TABLE 11.—*Summary of per capita supplies moving into civilian consumption in the United Kingdom, prewar average, 1940–45*

Commodity	Pounds per capita per year—retail weight except meat, coffee, and cocoa, as specified									As percent of prewar							
	Prewar	1940	1941	1942	1943	1944	1945	1945 Jan.–June [1]	1945 July–Dec [2]	1940	1941	1942	1943	1944	1945	1945 Jan.–June [1]	1945 July–Dec. [2]
1. Milk and milk products:																	
Liquid milk	216.9	233.3	265.0	281.6	295.4	305.4	312.3	313.0	311.6	108	122	130	136	141	144	144	144
Cream 40 percent	1.3	.5								38							
Cheese	8.8	8.2	8.3	14.0	11.5	10.3	9.7	10.0	9.4	93	94	159	131	117	110	114	107
Evaporated milk (F. C. U.)	2.4	1.2	3.6	3.0	1.7	1.6	1.8	1.0	2.7	50	150	125	71	67	78	42	113
Condensed milk (F. C. S.)	4.0	3.2	.7	1.1	1.4	1.0	.8	.9	.8	80	18	28	35	25	22	23	20
Condensed skim (M. S. S.)	5.9	3.6	1.2	1.1	1.8	1.6	1.5	1.6	1.3	61	20	19	31	27	24	27	22
Dried whole milk	.6	.5	.4	.6	.8	1.0	1.0	1.1	1.0	83	67	100	133	167	175	183	167
Dried skim milk	1.0	1.1	.4	2.3	3.4	2.1	2.7	2.5	2.8	110	40	230	340	210	265	250	280
Total (as milk solids)	38.2	38.3	40.6	48.3	49.5	48.7	49.8	49.7	49.8	100	106	126	130	127	130	130	130
2. Meat:																	
Beef, bone in	53.0	44.7	36.3	24.6	23.4	27.3	29.1	25.3	33.0	86	68	46	44	52	55	48	62
Beef, bone out	1.7	2.2	7.0	15.6	9.4	9.2	4.8	5.1	4.6	129	412	918	553	541	285	300	271
Mutton and lamb	25.2	30.1	21.6	24.1	26.2	22.4	22.8	27.1	18.5	119	86	96	104	89	90	108	73
Pork	11.5	9.8	6.8	4.9	7.4	14.8	11.8	15.5	8.2	85	59	43	64	129	103	135	71
Offal	7.4	7.1	6.1	5.5	5.6	6.8	5.7	5.2	6.2	96	82	74	76	92	77	70	84
Canned corned meat	2.1		.4	2.4	3.2	.1	2.4	.7	4.1		19	114	152	5	114	33	195
Other canned meat	.8	1.1	2.0	5.0	4.6	5.8	4.2	6.4	2.1	138	250	625	575	725	531	800	263
Bacon and ham	27.3	20.2	19.1	19.4	18.5	23.6	16.9	18.1	15.7	74	70	71	68	86	62	66	58
Total (as carcass weight)	131.7	117.0	101.8	108.7	105.3	115.0	103.4	108.5	98.3	89	77	83	80	87	79	82	75
Total (as edible weight)	109.5	98.7	85.5	89.5	85.8	95.2	84.4	88.8	79.9	90	78	82	78	87	77	81	73
3. Poultry, game, and fish:																	
Poultry	4.5	3.9	3.9	3.7	3.2	3.0	2.9	2.2	3.6	87	87	82	71	67	64	49	80
Game and rabbits	3.7	3.6	2.2	1.5	1.3	1.4	1.3	1.4	1.3	97	59	41	35	38	36	38	35
Fish (fresh, frozen, and cured)	21.8	11.1	11.3	13.1	14.2	16.0	20.2	17.0	23.5	51	52	60	65	73	93	78	108
Shellfish	1.3	.8	.8	.8	1.0	1.0	1.0	1.0	1.0	62	62	62	77	77	77	77	77
Canned fish	3.6	5.2	3.4	2.8	3.0	3.3	2.7	3.2	2.2	144	94	78	83	92	75	89	61
Total (as edible weight)	32.8	22.7	20.0	20.5	21.5	23.5	27.1	23.9	30.3	69	61	63	66	72	83	73	92
4. Eggs:																	
Shell eggs	21.8	19.0	16.1	12.0	10.1	10.2	12.9	14.6	11.2	87	74	55	46	47	58	67	51
Dried eggs	.05	.1	.1	1.9	2.6	2.8	2.6	3.1	2.1	200	200	3,800	5,200	5,600	5,200	6,200	4,200
Liquid eggs	1.9	2.4	1.5	.3	.2	.5	.05	.1		126	79	16	11	26	2	5	
Total (shell egg equivalent)	24.4	22.5	18.4	21.1	22.3	23.7	24.9	29.0	20.8	92	75	86	91	97	102	119	85

See footnotes at end of table.

TABLE 11.—*Summary of per capita supplies moving into civilian consumption in the United Kingdom, prewar average, 1940–45*—Con.

Commodity	Pounds per capita per year—retail weight except meat, coffee, and cocoa, as specified									As percent of prewar							
	Prewar	1940	1941	1942	1943	1944	1945	1945 Jan.–June [1]	1945 July–Dec. [2]	1940	1941	1942	1943	1944	1945	1945 Jan.–June [1]	1945 July–Dec. [2]
5. Fats and oils:																	
Butter	24.8	14.0	10.2	7.7	7.7	7.7	8.6	7.7	9.5	56	41	31	31	31	35	31	38
Margarine	9.0	15.4	17.9	17.7	17.1	17.8	17.2	17.1	17.4	171	199	197	190	198	191	190	193
Lard and compound lard	9.3	9.1	10.1	12.0	11.9	12.1	10.3	11.4	9.2	98	109	129	128	130	111	123	99
Other edible fats and oils	8.2	7.5	6.5	6.8	5.6	5.4	5.0	5.5	4.6	91	79	83	68	66	61	67	56
Total (fat content)	45.5	41.2	40.0	40.1	38.3	38.9	37.0	37.7	36.4	91	88	88	84	85	81	83	80
6. Sugar and sirups:																	
Sugar	103.9	71.8	67.4	69.2	67.7	71.4	70.5	65.6	75.4	69	65	67	65	69	68	63	73
Jams and marmalade (imported only)	.1	-------	.3	-------	2.0	2.1	1.2	1.6	.9	------	300	------	2,000	2,100	1,250	1,600	900
Honey	.4	.4	.3	.4	.2	.4	.4	.3	.5	100	75	100	50	100	100	75	125
Glucose	6.8	6.7	3.8	3.2	2.9	3.1	3.3	3.2	3.3	99	56	47	43	46	48	47	49
Total (sugar content)	109.8	77.6	70.9	72.1	71.6	75.6	74.3	69.5	79.1	71	65	66	65	69	68	63	72
7. Potatoes	176.0	172.2	195.2	233.7	257.8	282.2	278.1	262.9	293.3	98	111	133	146	160	158	149	167
8. Pulses and nuts:																	
Dry peas and beans	7.4	4.6	6.3	5.0	4.3	4.6	5.2	4.3	6.1	62	85	68	58	62	70	58	82
Soya flour and grits	-------	-------	.4	.8	1.8	2.0	1.2	1.2	1.2	------	------	------	------	------	------	------	------
Edible nuts	2.2	2.3	.8	.6	.5	.9	.6	.4	.8	105	36	27	23	41	27	18	36
Total	9.6	6.9	7.5	6.4	6.6	7.5	7.0	5.9	8.1	72	78	67	69	78	73	61	84
9. Tomatoes and citrus fruit:																	
Fresh tomatoes	10.4	8.2	6.2	8.6	9.0	8.2	8.7	2.8	14.6	79	60	83	87	79	83	27	140
Canned tomatoes	} 2.0	-------	-------	2.7	-------	-------	-------	-------	-------	------	------	{170}	------	------	------	------	------
Tomato puree		-------	-------	.7	.3	.2	.2	.2	.3	------	------		15	10	17	10	15
Fresh citrus fruit	28.5	20.3	4.0	4.7	2.0	7.9	15.6	23.3	8.0	71	14	16	7	28	55	82	28
Canned citrus fruit	1.8	1.2	-------	-------	-------	-------	-------	-------	-------	67	----	------	------	------	------	------	------
Citrus juice (unconcentrated)	.4	-------	-------	-------	-------	1.2	1.1	1.1	1.1	------	------	------	------	300	275	275	275
Citrus juice (concentrated)	-------	1.0	.5	.5	.8	.9	.4	.4	.4	------	------	------	------	------	------	------	------
Total (fresh fruit equivalent)	46.3	44.9	17.2	25.4	22.7	31.4	32.6	34.2	30.9	97	37	55	49	68	70	74	67

10. Other fruits:																	
Fresh	49.3	38.8	12.6	32.5	30.7	25.2	20.2	1.7	38.8	79	26	66	62	51	41	3	79
Fruit pulp	5.5	3.4	2.1	4.1	5.2	4.5	4.6	5.0	4.2	62	38	75	95	82	83	91	76
Canned pulp	10.2	6.4	1.9	2.9	2.9	.6	.05	.1	-------	63	19	28	28	6	0.5	1	-------
Dried pulp	8.0	7.2	7.9	8.5	6.2	9.6	8.9	8.6	9.2	90	99	106	78	120	111	108	115
Total (fresh fruit equivalent)	95.0	76.1	47.8	72.9	63.0	68.6	60.5	41.2	79.8	80	50	77	66	72	64	43	84
11. Leafy, green, and yellow vegetables:																	
Cabbage and greens	46.6	46.5	50.7	57.5	55.3	57.3	54.9	60.1	49.7	100	109	123	119	123	118	129	107
Lettuce	3.7	3.8	3.5	3.7	3.2	4.1	4.1	4.6	3.6	103	95	100	86	111	110	124	97
Carrots	9.5	10.9	14.3	16.5	15.4	15.4	14.4	12.6	16.2	115	151	174	162	162	152	133	171
Fresh legumes	9.3	10.7	10.0	10.8	9.1	11.3	11.4	1.6	21.2	115	108	116	98	122	122	17	228
Canned	1.1	1.2	1.4	1.0	-------	-------	.5	1.1	-------	109	127	91	------	------	50	100	-------
Total	70.2	73.1	79.9	89.5	83.0	88.1	85.4	80.0	90.7	104	114	127	118	125	122	114	129
12. Other vegetables:																	
Fresh	36.4	24.7	28.7	29.5	31.6	36.6	37.0	33.5	40.6	68	79	81	87	101	102	92	112
Canned	1.0	.7	.5	.5	1.1	.2	.3	.6	-------	70	50	110	20	30	60	-------	
Total	37.4	25.4	29.2	30.0	32.7	36.8	37.3	34.1	40.6	68	78	80	87	98	100	91	109
13. Grain products:																	
Flour	194.5	208.6	237.1	226.6	230.3	233.5	234.3	233.5	235.2	107	122	117	118	120	121	120	121
Pearl barley	.7	.7	.8	.6	.7	.9	1.0	1.0	1.0	100	114	86	100	129	143	143	143
Oatmeal and flakes	5.2	5.2	7.9	9.8	10.8	10.1	10.8	9.1	12.4	100	152	188	208	194	206	175	238
Breakfast cereals	2.7	2.2	2.0	2.3	2.0	2.1	2.2	2.2	2.2	81	74	85	74	78	81	81	81
Rice	4.4	6.5	6.4	3.5	2.8	3.2	1.1	1.6	.6	148	145	80	64	73	25	36	14
Starch	2.2	1.9	1.7	1.9	1.2	1.3	1.2	1.2	1.2	86	77	86	55	59	55	55	55
Edible tapioca and sago	.8	1.1	.6	.2	-------	-------	-------	-------	-------	138	75	25	------	------	------	-------	-------
Total	210.5	226.2	256.5	244.9	247.8	251.1	250.6	248.6	252.6	107	122	116	118	119	119	118	120
14. Beverages:																	
Tea	9.3	8.6	8.1	8.2	7.1	7.3	7.9	7.2	8.7	92	87	88	76	78	85	77	94
Coffee (green beans)	.7	1.2	1.2	1.2	1.0	1.2	1.1	1.1	1.2	171	171	171	143	171	165	157	171
Cocoa (raw beans)	4.7	5.8	5.3	4.6	3.5	4.3	4.6	4.2	4.9	123	113	98	74	91	97	89	104
Total	14.7	15.6	14.6	14.0	11.6	12.8	13.6	12.5	14.8	106	99	95	79	87	93	85	101

[1] Annual rate January–June 1945.
[2] Annual rate July–December 1945.

APPENDIX B. CONVERSION FACTORS FOR COMMODITIES

TABLE 12.—*Conversion factors from actual weights to "common denominators"*

	Conversion		Conversion factor		
	From actual weight specification	To "common denominator"	United States	Canada	United Kingdom
Dairy products:					
Fluid whole milk	Retail weight	Milk solids	0.130	0.125	0.127
Fluid cream:					
18 percent fat	do	do	.257	.254	
20 percent fat	do	do	.275		
25 percent fat	do	do	.320	.318	
40 percent fat	do	do	.456		.410
Cheese, Cheddar style	do	do	.630	.65	.65
Cheese, other	do	do	.600	.65	
Evaporated whole milk	do	do	.263	.26	.30
Condensed whole milk	do	do	.301	.28	.30
Malted milk	do	do	.482	.96	
Dried whole milk	do	do	.975	.96	.96
Nonfat dry milk solids	do	do	.968	.96	.95
Condensed skim milk	do	do	.300	.28	.27
Skim milk cheese	do	do	.220	.26	
Skim and buttermilk	do	do	.094	.09	
Condensed and evaporated buttermilk.	do	do	.280		
Dried buttermilk	do	do	.968		
Dried whey	do	do	.960		
Meats:					
Beef (bone out)	Boned weight	Carcass weight			1.25
Offal	Edible weight	Edible weight	1.0	1.0	1.0
Canned corned meat	Net weight canned	Carcass weight		2.17	2.0
Other canned meat	do	do			1.10
Bacon and ham	Retail weight	do			1.0
Poultry, game, and fish:					
Chickens	Retail weight, dressed	Edible weight	.60	.55	.70
Other poultry	do	do		.67	
Turkeys	do	do	.67		
Ducks and geese	do	do	.63		
Game and rabbits	do	do	.75	.84	.80
Fish, fresh, frozen, and cured:					
Shellfish	Fresh edible weight	do	1.0	1.0	1.0
Other fish	do	do	1.0	1.0	1.0
Canned fish	Net weight, canned	do	1.0	1.0	1.0
Eggs:					
Dried eggs	Dried weight	Fresh egg equivalent		4.395	4.44
Liquid eggs	Liquid weight	do			1.286
Fats and oils:					
Butter	Retail weight	Fat content	.805	.81	.825
Margarine	do	do	.80		.853
Lard and shortening	do	do	1.0	1.0	.99
Other fats and oils	do	do	1.0	1.0	1.0
Sugars and sirups:					
Cane and beet sugar	Refined weight	Sugar content	1.0	1.0	1.0
Corn sugar	Retail weight	do	.90		
Maple sugar	do	do	.87	.90	
Cane sirup	do	do	.66	.74	
Corn sirup	do	do	.53		
Glucose	do	do		.53	.82
Honey	do	do	.77	.80	.75
Maple sirup	do	do	.62	.68	
Molasses	do	do	.63	.60	
Refiners' sirup	do	do	.62		
Sorgo sirup	do	do	.68		
Tomatoes and citrus fruit:					
Canned tomatoes and tomato products.	Net weight canned	Fresh equivalent	2.2	1.70	1.5
Tomato pulp, puree, etc	do	do		1.81	
Fresh citrus in marmalade	Fresh equivalent	do	1.0	1.0	
Canned citrus fruit and unconcentrated juice.	Net weight canned	do	2.7	2.0	2.0
Concentrated juice	do	do			14.0
Fruit other than citrus:					
Canned fruit	do	do	1.2	1.0	.8
Frozen fruit	Frozen weight	do	1.1	1.0	
Dried fruit	Processed weight	do	3.6	4.0	4.0
Fruit pulp and fruit in jams and jellies.	Fresh equivalent	do	1.0	1.0	1.0
Fruit juices	Net weight canned	do		2.0	

TABLE 12.—*Conversion factors from actual weights to "common denominators"*—Continued

	Conversion		Conversion factor		
	From actual weight specification	To "common denominator"	United States	Canada	United Kingdom
Leafy, green, and yellow vegetables:					
Canned	Net weight canned	Fresh equivalent	0.9	1.0	1.0
Frozen	Frozen weight	do	1.3		
Dehydrated	Dehydrated weight	do	12.0		
Other vegetables:					
Canned	Net weight canned	do	2.1	1.0	1.0
Frozen	Frozen weight	do	3.3		
Dehydrated	Dehydrated weight	do	10.0		

APPENDIX C. ESTIMATED NUTRIENT REQUIREMENTS

TABLE 13.—*Estimated daily per capita nutrient requirements in United States' Canada, and United Kingdom, based on 1943 civilian population*

Item	Recommended allowances								
	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Ascorbic acid	Riboflavin	Niacin
	Number	*Grams*	*Grams*	*Milligrams*	*International units*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
Children:									
Under 1 year	900	36	1.0	6	1,500	0.4	30	0.6	4
1–3 years	1,200	40	1.0	7	2,000	.6	35	.9	6
4–6 years	1,600	50	1.0	8	2,500	.8	50	1.2	8
7–9 years	2,000	60	1.0	10	3,500	1.0	60	1.5	10
10–12 years	2,500	70	1.2	12	4,500	1.2	75	1.8	12
Boys:									
13–15 years	3,200	85	1.4	15	5,000	1.6	90	2.4	16
16–20 years	3,800	100	1.4	15	6,000	2.0	100	3.0	20
Girls:									
13–15 years	2,800	80	1.3	15	5,000	1.4	80	2.0	14
16–20 years	2,400	75	1.0	15	5,000	1.2	80	1.8	12
Men (21 years and over), moderately active	3,000	70	.8	12	5,000	1.8	75	2.7	18
Women (21 years and over):									
Moderately active	2,500	60	.8	12	5,000	1.5	70	2.2	15
Pregnant	2,500	85	1.5	15	6,000	1.8	100	2.5	18
Lactating	3,000	100	2.0	15	8,000	2.3	150	3.0	23
Weighted recommended allowance per capita daily (calculated by application of population statistics to the above table):									
United States:									
Average (full) intake requirement	2,531	65.2	.94	11.7	4,560	1.45	70.7	2.1	14.5
Average (restricted) intake requirement	2,531	65.2	.79	9.6	3,650	1.2	58	1.7	11
Canada:									
Average (full) intake requirement	2,544	66.1	.96	11.8	4,590	1.45	71.3	2.1	14.5
Average (restricted) intake requirement	2,544	66.1	.85	9.6	3,750	1.17	59.1	1.7	11.7
United Kingdom:									
Average (full) intake requirement	2,546	64.6	.91	11.7	4,664	1.47	71	2.2	14.7
Average (restricted) intake requirement	2,546	64.6	.75	9.3	3,660	1.1	57	1.7	11

NOTE:

(1) For the purpose of the present inquiry all adult men, and all adult women other than expectant and nursing mothers, have been classified as moderately active.

(2) Allowances used. The average (full) intake requirements are calculated on the allowances recommended by the National Research Council of the United States (National Research Council Reprint and Circular Series No. 115, January 1943, pp. 2 and 3). The average (restricted) intake requirements are the same as the average (full) intake requirements except that the requirements of minerals and vitamins for adult men and for adult women other than expectant and nursing mothers have been calculated as 70 percent of the average (full) intake requirements.

APPENDIX D. NUTRIENTS AVAILABLE FOR CIVILIAN CONSUMPTION

TABLE 14.—*Nutrients available for civilian consumption per capita per day, United States, prewar*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	367	20	21	26	649	0.4	904	0.17	0.91	0.6	6
2. Meats [1]	415	19	37	(2)	12	3.2	504	.51	.29	5.5	1
3. Poultry, game, fish	49	6	3	(2)	9	.6	5	.03	.05	2.0	(3)
4. Eggs	60	5	4	(2)	21	1.0	436	.04	.13	(4)	----------
5. Fats and oils	502	(2)	56	(2)	3	----------	758	(5)	(5)	(4)	----------
6. Sugars and sirups	515	----------	----------	129	15	.9	----------	(5)	.01	.1	(3)
7. Potatoes	139	3	(2)	31	21	1.1	1,727	.16	.06	1.7	24
8. Dry beans, peas, soybeans, and nuts	83	4	4	8	22	1.3	3	.09	.05	1.1	----------
9. Tomatoes and citrus fruit	32	1	(2)	7	16	.4	520	.05	.03	.4	28
10. Other fruits	108	1	(2)	25	19	.8	636	.07	.05	.6	12
11. Leafy, green, and yellow vegetables	34	2	(2)	6	40	.9	2,430	.08	.09	.5	33
12. Other vegetables	36	1	(2)	7	21	.4	62	.04	.04	.3	9
13. Grain products	887	26	3	189	47	2.5	41	.28	.12	2.5	----------
14. Beverages	22	(2)	2	1	----------	.1	----------	----------	.02	.1	----------
Total, all sources	3,249	88	130	429	895	13.6	8,026	1.52	1.85	15.4	113

TABLE 15.—*Nutrients available for civilian consumption per capita per day, United States, 1940*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	388	20	22	27	682	0.5	962	0.18	0.95	0.6	6
2. Meats [1]	493	22	45	(2)	14	3.5	581	.63	.33	6.1	1
3. Poultry, game, fish	53	6	3	(2)	8	.6	6	.03	.05	2.1	(3)
4. Eggs	67	6	5	(2)	23	1.1	482	.05	.14	(4)	----------
5. Fats and oils	525	(2)	58	(2)	4	----------	739	(5)	(5)	(4)	----------
6. Sugars and sirups	514	----------	----------	129	8	.8	----------	(5)	(5)	.1	(3)
7. Potatoes	131	3	(2)	29	19	1.0	1,332	.15	.06	1.6	25
8. Dry beans, peas, soybeans, and nuts	93	5	4	9	23	1.3	2	.10	.05	1.4	----------
9. Tomatoes and citrus fruit	38	1	(2)	8	19	.5	594	.06	.03	.5	33
10. Other fruits	109	1	1	25	20	.8	676	.07	.06	.6	12
11. Leafy, green, and yellow vegetables	37	2	(2)	7	42	1.0	2,705	.10	.09	.5	32
12. Other vegetables	35	1	(2)	7	22	.4	86	.04	.04	.3	10
13. Grain products	862	26	3	183	47	2.7	13	.31	.12	2.6	----------
14. Beverages	20	1	1	2	----------	.2	----------	----------	.02	.1	----------
Total, all sources	3,365	94	142	426	931	14.4	8,178	1.72	1.94	16.5	119

[1] Includes fat pork cuts.
[2] Less than 0.5 gram.
[3] Less than 0.5 milligram.
[4] Less than 0.05 milligram.
[5] Less than 0.005 milligram.

TABLE 16.—*Nutrients available for civilian consumption per capita per day, United States, 1941*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	397	21	23	27	698	0.5	982	0.19	0.97	0.6	6
2. Meats [1]	477	22	43	(2)	14	3.6	587	.59	.33	6.2	1
3. Poultry, game, fish	55	6	3	(2)	8	.6	6	.03	.05	2.2	(3)
4. Eggs	66	5	5	(2)	23	1.1	474	.04	.14	(4)	----------
5. Fats and oils	538	(2)	60	(2)	3	----------	708	(5)	(5)	(4)	----------
6. Sugars and sirups	565	----------	----------	141	10	.9	----------	(5)	.01	.1	(3)
7. Potatoes	130	3	(2)	29	19	1.0	1,397	.15	.06	1.6	25
8. Dry beans, peas, soybeans, and nuts	89	4	4	9	23	1.4	2	.10	.05	1.2	----------
9. Tomatoes and citrus fruit	40	1	(2)	9	20	.5	571	.06	.03	.5	34
10. Other fruits	104	1	1	24	19	.8	698	.06	.05	.6	12
11. Leafy, green, and yellow vegetables	38	2	(2)	7	43	1.0	2,726	.10	.09	.5	32
12. Other vegetables	38	1	(2)	8	24	.5	95	.04	.05	.3	10
13. Grain products	880	26	3	187	48	2.9	13	.41	.12	2.9	----------
14. Beverages	20	1	1	2	----------	.2	----------	----------	.02	.1	----------
Total, all sources	3,437	93	143	443	952	15.0	8,259	1.77	1.97	16.8	120

TABLE 17.—*Nutrients available for civilian consumption per capita per day, United States, 1942*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	413	22	23	29	733	0.5	1,011	.20	1.02	0.6	7
2. Meats [1]	457	21	41	(2)	14	3.5	599	.56	.32	6.1	1
3. Poultry, game, fish	55	6	3	(2)	7	0.7	5	.03	.05	2.2	(3)
4. Eggs	66	5	5	(2)	23	1.1	474	.04	.14	(4)	----------
5. Fats and oils	506	(3)	56	(2)	3	----------	700	(5)	(5)	(4)	----------
6. Sugars and sirups	505	----------	----------	126	14	1.2	----------	(5)	.01	.1	(3)
7. Potatoes	130	3	(2)	29	20	1.0	1,553	.15	.06	1.6	25
8. Dry beans, peas, soybeans, and nuts	113	6	5	12	30	1.7	5	.13	.07	1.7	----------
9. Tomatoes and citrus fruit	40	1	(2)	8	20	.5	669	.06	.03	.5	34
10. Other fruits	92	1	1	21	17	.7	592	.05	.05	.5	10
11. Leafy, green, and yellow vegetables	42	2	(2)	8	49	1.1	3,024	.12	.11	.6	37
12. Other vegetables	41	2	(2)	8	25	.5	104	.04	.05	.4	11
13. Grain products	900	27	3	191	49	3.4	12	.59	.13	3.3	----------
14. Beverages	16	(2)	1	2	----------	.1	----------	----------	.02	.1	----------
Total, all sources	3,376	96	138	434	1,004	16.0	8,748	1.97	2.06	17.7	125

[1] Includes fat pork cuts.
[2] Less than 0.5 gram.
[3] Less than 0.5 milligram.
[4] Less than 0.05 milligram.
[5] Less than 0.005 milligram.

TABLE 18.—*Nutrients available for civilian consumption per capita per day, United States, 1943*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	435	23	24	32	768	0.6	1,032	0.21	1.09	0.7	7
2. Meats [1]	488	21	45	(2)	14	3.6	724	.63	.35	6.1	2
3. Poultry, game, fish	62	7	4	(2)	7	.7	4	.03	.06	2.5	(3)
4. Eggs	73	6	5	(2)	25	1.2	526	.05	.15	(4)	----
5. Fats and oils	487	(2)	54	(2)	2	----	576	(5)	(5)	(4)	----
6. Sugars and sirups	466	----	----	116	13	1.1	----	(5)	.01	.1	(3)
7. Potatoes	138	3	(2)	31	21	1.1	1,612	.16	.06	1.7	27
8. Dry beans, peas, soybeans, and nuts	101	6	4	10	27	1.5	6	.12	.06	1.6	----
9. Tomatoes and citrus fruit	41	1	(2)	9	20	.5	673	.07	.03	.5	36
10. Other fruits	85	1	1	20	17	.7	554	.05	.04	.5	9
11. Leafy, green, and yellow vegetables	43	2	(2)	8	48	1.2	3,313	.12	.11	.6	36
12. Other vegetables	39	1	(2)	8	23	.5	100	.04	.04	.4	10
13. Grain products	931	27	3	198	50	4.1	13	.71	.21	4.2	----
14. Beverages	12	(2)	1	1	----	.1	----	----	.01	.1	----
Total, all sources	3,401	98	141	433	1,035	16.9	9,133	2.19	2.22	19.0	127

TABLE 19.—*Nutrients available for civilian consumption per capita per day, United States, 1944*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	456	24	26	33	785	0.6	1,092	0.22	1.11	0.7	8
2. Meats [1]	525	23	48	(2)	15	3.9	747	.67	.38	6.7	2
3. Poultry, game, fish	56	6	3	(2)	7	.7	4	.03	.05	2.3	(3)
4. Eggs	73	6	5	(2)	25	1.3	529	.05	.16	(4)	----
5. Fats and oils	476	(2)	53	(2)	2	----	585	(5)	(5)	(4)	----
6. Sugars and sirups	509	----	----	127	14	1.2	----	(5)	.01	.1	(3)
7. Potatoes	133	3	(2)	30	20	1.0	1,595	.15	.06	1.6	26
8. Dry beans, peas, soybeans, and nuts	93	5	4	9	24	1.3	5	.10	.06	1.5	(3)
9. Tomatoes and citrus fruit	47	1	(2)	10	23	.6	662	.07	.04	.6	41
10. Other fruits	91	1	1	21	17	.7	727	.06	.05	.6	10
11. Leafy, green, and yellow vegetables	43	2	(2)	8	50	.2	3,231	.12	.11	.6	37
12. Other vegetables	41	1	1	8	24	.5	104	.04	.04	.4	11
13. Grains	923	27	3	196	50	5.5	13	.77	.41	6.2	----
14. Beverages	15	(2)	1	1	----	.1	----	----	.02	.1	----
Total, all sources	3,481	99	145	443	1,056	17.6	9,294	2.28	2.50	21.4	135

[1] Includes fat pork cuts.
[2] Less than 0.5 gram.
[3] Less than 0.5 milligram.
[4] Less than 0.05 milligram.
[5] Less than 0.005 milligram.

TABLE 20.—*Nutrients available for civilian consumption per capita per day, United States, 1945*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	483	25	27	35	826	0.6	1,176	0.23	1.17	0.7	8
2. Meats [1]	439	21	40	(2)	13	3.4	694	.54	.34	6.2	2
3. Poultry, game, fish	63	7	4	(2)	8	.7	5	.04	.06	2.5	(3)
4. Eggs	82	7	6	(2)	28	1.4	589	.06	.17	(4)	----
5. Fats and oils	447	(2)	50	(2)	2	----	535	(5)	(5)	(4)	----
6. Sugars and sirups	428	----	----	107	15	1.2	----	(5)	.01	.1	(3)
7. Potatoes	135	3	(2)	30	20	1.1	1,607	.15	.06	1.6	26
8. Dry beans, peas, soybeans, and nuts	92	5	5	8	22	1.2	6	.10	.04	1.5	(3)
9. Tomatoes and citrus fruits	48	1	(2)	10	24	.6	733	.07	.04	.6	41
10. Other fruits	101	1	(2)	24	19	.8	814	.06	.05	.6	11
11. Leafy, green, and yellow vegetables	48	3	(2)	9	54	1.3	3,635	.13	.12	.7	42
12. Other vegetables	42	1	(2)	8	25	.5	105	.04	.05	.4	11
13. Grain products	893	26	3	190	49	5.4	10	.75	.40	6.0	----
14. Beverages	14	(2)	1	1	----	.1	----	----	.02	.1	----
Total, all sources	3,315	100	136	422	1,105	18.3	9,909	2.17	2.53	21.0	141

[1] Includes fat pork cuts.
[2] Less than 0.5 gram.
[3] Less than 0.5 milligram.
[4] Less than 0.05 milligram.
[5] Less than 0.005 milligram.

TABLE 21.—*Nutrients available for civilian consumption per capita per day, Canada, prewar.*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	366	19.1	20.9	25.5	641	1.1	1,250	0.15	0.91	0.55	8.9
2. Meats	332	17.1	29.2	.2	10	2.9	517	.36	.28	5.22	1.3
3. Poultry, game, fish	57	6.4	3.5	----	6	.6	21	.03	.05	1.65	.6
4. Eggs	53	4.4	3.9	.3	18	.9	337	.07	.12	.03	----
5. Fats and oils	464	.3	51.4	.2	6	.1	577	.01	.03	.05	----
6. Sugars and sirups	518	----	----	129.5	20	.7	----	----	.01	----	----
7. Potatoes	177	4.3	.3	39.5	16	1.5	105	.18	.10	2.43	20.6
8. Pulses and nuts	66	3.6	2.1	6.4	10	1.1	4	.11	.05	.61	----
9. Tomatoes and citrus fruit	18	.5	.1	3.8	11	.3	344	.05	.02	.28	11.8
10. Other fruit	64	.5	.3	15.1	10	.5	196	.03	.06	.33	3.7
11. Leafy, green, and yellow vegetables	18	.9	.1	3.4	17	.5	2,896	.04	.04	.44	8.3
12. Other vegetables	18	.5	.1	3.6	10	.2	29	.02	.02	.11	5.2
13. Grain products	943	29.1	2.9	200.3	60	4.2	2	.41	.15	2.80	----
14. Beverages	15	.4	.9	1.4	5	.1	----	----	.05	----	----
Total, all sources	3,109	87.1	115.7	429.2	840	14.7	6,278	1.46	1.89	14.50	60.4

Estimated as of Aug. 20, 1945.

TABLE 22.—*Nutrients available for civilian consumption per capita per day, Canada, 1940*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	376	19.7	21.3	26.4	663	1.1	1,276	0.16	0.94	0.54	9.0
2. Meats	344	17.3	30.5	.2	10	2.9	488	.38	.28	5.23	1.2
3. Poultry, game, fish	61	6.7	3.8		7	.6	21	.04	.05	1.76	.7
4. Eggs	52	4.3	3.8	.3	18	.9	331	.07	.12	.03	
5. Fats and oils	462	.3	51.1	.2	6	.1	573	.01	.03	.05	
6. Sugars and sirups	530			132.3	21	.7			.01		
7. Potatoes	181	4.4	.3	40.4	17	1.5	107	.19	.11	2.49	21.1
8. Pulses and nuts	69	3.7	2.6	5.9	10	1.1	4	.11	.05	.70	
9. Tomatoes and citrus fruit	22	.7	.1	4.6	14	.4	486	.06	.02	.31	13.9
10. Other fruit	70	.5	.3	16.3	11	.6	217	.03	.06	.37	4.3
11. Leafy, green, and yellow vegetables	17	.8	.1	3.3	15	.5	2,783	.04	.03	.43	7.8
12. Other vegetables	16	.5	.1	3.2	9	.2	24	.01	.02	.10	4.8
13. Grain products	787	24.4	2.4	167.1	50	3.4	2	.34	.12	2.31	
14. Beverages	19	.5	1.1	1.8	7	.2			.05		
Total, all sources	3,006	83.8	117.5	402.0	858	14.2	6,312	1.44	1.89	14.32	62.8

Estimated as of Aug. 20, 1945.

TABLE 23.—*Nutrients available for civilian consumption per capita per day, Canada, 1941*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	382	20.1	21.7	26.5	677	1.1	1,298	0.16	0.96	0.57	9.1
2. Meats	367	18.6	32.5	.2	11	3.2	533	.41	.30	5.64	1.4
3. Poultry, game, and fish	55	5.8	3.5		6	.6	16	.03	.04	1.58	.6
4. Eggs	53	4.3	3.8	.3	18	.9	335	.07	.12	.03	
5. Fats and oils	500	.3	55.4	.2	6	.1	572	.01	.03	.05	
6. Sugars and sirups	554			138.3	20	.7			.01		
7. Potatoes	181	4.4	.3	40.5	17	1.5	107	.19	.11	2.49	21.1
8. Pulses and nuts	65	3.6	2.4	5.7	10	1.0	3	.11	.05	.72	
9. Tomatoes and citrus fruit	23	.6	.2	4.8	13	.4	452	.06	.02	.36	15.1
10. Other fruits	74	.6	.4	17.3	12	.6	239	.03	.07	.41	5.2
11. Leafy, green, and yellow vegetables	18	.9	.1	3.3	15	.5	2,388	.04	.04	.42	8.4
12. Other vegetables	15	.4	.1	3.0	8	.2	26	.01	.02	.09	4.1
13. Grain products	818	25.3	2.6	173.5	53	3.7	1	.37	.13	2.43	
14. Beverages	22	.6	1.2	2.0	7	.2		.01	.05		
Total, all sources	3,127	85.5	124.2	415.6	873	14.7	5,970	1.50	1.95	14.79	65.0

Estimated as of Aug. 20, 1945.

TABLE 24.—*Nutrients available for civilian consumption per capita per day, Canada, 1942*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	404	21.1	22.9	28.4	710	1.2	1,369	0.17	1.02	0.60	9.6
2. Meats	397	19.6	35.3	.2	12	3.3	569	.45	.32	5.93	1.4
3. Poultry, game, fish	67	6.8	4.3		6	.7	18	.04	.05	1.87	.8
4. Eggs	56	4.6	4.0	.3	19	1.0	348	.07	.13	.03	
5. Fats and oils	531	.3	58.8	.2	7	.1	618	.01	.04	.06	
6. Sugars and sirups	451			112.6	22	.8			.01		
7. Potatoes	183	4.5	.3	41.0	17	1.6	112	.19	.11	2.52	21.4
8. Pulses and nuts	64	3.8	1.2	5.9	9	1.5	3	.11	.06	.54	
9. Tomatoes and citrus fruit	25	.8	.2	5.3	15	.4	497	.06	.03	.38	16.4
10. Other fruit	56	.4	.3	13.2	9	.5	189	.02	.05	.29	3.4
11. Leafy, green, and yellow vegetables	25	1.2	.2	4.8	22	.7	4,177	.05	.05	.63	11.8
12. Other vegetables	21	.6	.1	4.4	12	.3	34	.02	.03	.13	6.3
13. Grain products	883	27.4	2.7	187.3	56	3.9	1	.38	.14	2.61	
14. Beverages	16	.4	.9	1.5	5	.1			.04		
Total, all sources	3,179	91.5	131.2	405.1	921	16.1	7,935	1.57	2.08	15.59	71.1

Estimated as of Aug. 20, 1945.

TABLE 25.—*Nutrients available for civilian consumption per capita per day, Canada, 1943*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	433	22.5	24.7	30.1	758	1.3	1,480	0.18	1.08	0.64	10.3
2. Meats	447	22.0	39.9	.2	13	3.8	650	.51	.35	6.62	1.6
3. Poultry, game, fish	71	7.8	4.4		8	.7	27	.04	.06	2.04	.8
4. Eggs	61	5.0	4.5	.3	21	1.1	390	.08	.14	.03	
5. Fats and oils	475	.2	52.6	.2	6	.1	517	.01	.03	.05	
6. Sugars and sirups	440			109.9	22	.8			.01		
7. Potatoes	185	4.5	.3	41.3	17	1.6	108	.19	.11	2.54	21.6
8. Pulses and nuts	55	3.3	1.0	5.9	9	1.2	2	.10	.05	.50	
9. Tomatoes and citrus fruit	26	.7	.2	5.5	16	.3	394	.06	.02	.37	16.0
10. Other fruits	50	.4	.2	11.7	8	.4	143	.02	.05	.26	3.2
11. Leafy, green, and yellow vegetables	16	.8	.1	3.1	14	.4	2,414	.04	.03	.40	7.4
12. Other vegetables	13	.4	.1	2.7	7	.2	21	.01	.02	.08	3.9
13. Grain products	1,018	31.5	3.1	216.1	64	4.5	1	.44	.16	3.04	
14. Beverages	12	.3	.7	1.2	4	.1			.03		
Total, all sources	3,302	99.4	131.8	428.2	967	16.5	6,147	1.68	2.14	16.57	64.8

Estimated as of Aug. 20, 1945.

TABLE 26.—*Nutrients available for civilian consumption per capita per day, Canada, 1944*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	446.6	23.8	26.2	23.3	775.4	1.3	1,555.9	0.2	1.1	0.7	8.8
2. Meats	428.9	20.8	38.4	.2	12.7	3.6	657.1	.5	.3	6.3	1.6
3. Poultry, game, fish	66.5	7.1	4.2	(1)	6.5	.7	17.9	.05	.13	2.0	.8
4. Eggs	62.8	5.1	4.5	.3	21.6	1.1	400.3	.1	.1	(1)	
5. Fats and oils	457.6	.2	50.7	.2	6.0	.1	552.2			.1	
6. Sugars and sirups	494.0	(1)		122.6	26.0	.7		(1)	.01		
7. Potatoes	192.0	4.6	.3	42.9	17.8	1.5	112.0	.2	.1	2.6	22.4
8. Pulses and nuts	68.6	3.8	2.2	8.3	21.2	1.3	3.6	.1	.05	.8	
9. Tomatoes and citrus fruit	34.0	.9	.2	7.2	20.3	.5	582.6	.08	.03	.48	21.9
10. Other fruits	71.5	.5	.3	16.7	11.4	.6	211.0	.03	.04	.4	4.8
11. Leafy, green and yellow vegetables	18.8	.4	.1	3.6	15.6	8.5	2,517.0	.04	.04	.5	.5
12. Other vegetables	27.2	.8	.2	5.7	15.9	.3	40.9	.03	.04	.2	8.6
13. Grain products	900.0	24.6	2.8	191.0	57.5	4.0	1.0	.4	.1	2.72	
14. Beverages	12.7	.3	.7	1.2	4.3	.02		(1)			
Total, all sources	3,281.2	92.9	130.8	423.2	1,012.2	16.22	6,651.5	1.73	2.04	16.80	77.4

[1] Less than 0.005.
Fstimated as of Aug. 20, 1945.

TABLE 27.—*Nutrients available for civilian consumption per capita per day, Canada, 1945*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	451.0	23.3	25.8	31.2	780.7	1.3	1,570.2	0.2	1.1	0.7	10.6
2. Meats	400.2	19.8	35.7	.2	12.0	3.4	650.0	.5	.3	6.0	1.6
3. Poultry, game, fish	64.6	6.9	4.1	(1)	6.2	.7	15.0	.03	.04	2.2	.9
4. Eggs	67.8	5.5	5.0	.3	23.0	1.2	430.9	.08	.20	(1)	
5. Fats and oils	417.0	.2	46.2	.2	5.7	.1	533.0			.04	
6. Sugars and sirups	404.7	(1)		100.4	26.2	.5		(1)	.01		
7. Potatoes	170.3	4.2	.3	38.0	15.8	1.4	106.1	.2	.1	2.3	19.8
8. Pulses and nuts	50.4	2.8	1.6	6.2	13.0	.9	1.2	.1	.04	.5	
9. Tomatoes and citrus fruit	31.6	.9	.2	7.7	19.2	.4	519.2	.07	.03	.4	20.1
10. Other fruits	59.8	.5	.3	14.0	9.7	.5	169.3	.03	.04	.3	3.6
11. Leafy, green and yellow vegetables	19.8	1.0	.3	3.8	17.0	.6	2,778.3	.05	.04	.5	10.3
12. Other vegetables	25.0	.8	.1	5.2	14.9	.3	35.9	.02	.03	.2	8.0
13. Grain products	908.9	28.3	2.8	192.8	58.1	4.1	1.5	.4	.1	2.7	
14. Beverages	12.3	.3	.7	4.2	.1			(1)			
Total, all sources	3,083.4	94.5	123.1	404.2	1,001.8	15.4	6,810.6	1.68	2.03	15.84	74.9

[1] Less than 0.005.
Estimated as of Aug. 20, 1945.

TABLE 28.—*Nutrients available for civilian consumption per capita per day, United Kingdom, prewar*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	269	13.7	15.1	19.7	482	0.4	528	0.15	0.57	0.4	4.6
2. Meats	498	18.6	47.0	.2	14	4.1	855	.38	.39	6.5	
3. Poultry, game, fish	45	6.9	2.0		24	.6	11	.02	.05	1.3	
4. Eggs and egg products	42	3.3	3.0	.2	16	.8	263	.04	.12		
5. Fats and oils	509	.2	56.5		5	.1	1,313				
6. Sugars and sirups	465			116.0	2						
7. Potatoes	125	3.5		27.6	14	1.2		.21	.09	1.2	26.0
8. Pulses and nuts	42	2.9	1.3	4.6	10	.6	4	.06	.04	.5	
9. Tomatoes and citrus fruit	11	.4		2.5	13	.1	178	.03	.01	.2	18.2
10. Other fruit	52	.5		12.4	12	.5	50	.03	.05	.4	6.7
11. Leafy, green, and yellow vegetables	16	1.3		2.7	37	.6	772	.06	.05	.4	34.0
12. Other vegetables	8	.4		1.6	17	.1	25	.01	.02	.2	6.2
13. Grain products	898	27.9	3.0	190.0	46	3.1		.22	.11	2.3	
14. Beverages	25	.3	2.5	.5	1	.2			.11		
Total, all sources	3,005	79.9	130.4	378.0	693	12.4	3,999	1.21	1.61	13.4	95.7

TABLE 29.—*Nutrients available for civilian consumption per capita per day, United Kingdom, 1940*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	261	13.7	14.9	18.3	483	0.4	512	0.15	0.57	0.4	4.7
2. Meats	442	16.7	41.6	.2	12	3.6	825	.33	.36	5.9	
3. Poultry, game, fish	35	4.9	1.8		24	.4	9	.02	.03	1.1	
4. Eggs and egg products	38	3.1	2.8	.2	15	.7	241	.04	.11		
5. Fats and oils	463	.1	51.4		3	.1	1,045				
6. Sugars and sirups	340			84.9	2						
7. Potatoes	123	3.5		27.1	13	1.2		.20	.09	1.2	25.6
8. Pulses and nuts	33	2.2	1.4	3.0	6	.4	3	.05	.03	.5	
9. Tomatoes and citrus fruit	10	.3		2.3	9	.1	119	.02	.01	.2	15.0
10. Other fruit	39	.4		9.5	10	.4	41	.02	.04	.3	5.3
11. Leafy, green, and yellow vegetables	17	1.4		2.9	38	.6	871	.07	.06	.4	34.2
12. Other vegetables	5	.3		1.1	12	.1	18	.01	.01	.1	4.3
13. Grain products	967	31.9	3.8	201.3	49	4.1		.42	.20	3.6	
14. Beverages	36	.8	3.1	1.2	1	.6	1		.12	.1	
Total, all sources	2,809	79.3	120.8	352.0	677	12.7	3,685	1.33	1.63	13.8	89.1

TABLE 30.—*Nutrients available for civilian consumption per capita per day, United Kingdom, 1941*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	268	14.4	16.0	16.7	510	0.4	544	0.16	0.59	0.4	5.2
2. Meats	381	14.4	35.8	.2	11	3.2	707	.28	.31	5.1	----
3. Poultry, game, fish	29	4.3	1.4	----	18	.4	7	.02	.03	.9	----
4. Eggs and egg products	32	2.5	2.3	.2	12	.6	201	.03	.09	----	----
5. Fats and oils	449	.1	49.8	----	3	.1	909	----	----	----	----
6. Sugars and sirups	308	----	----	76.8	1	----	----	----	----	----	----
7. Potatoes	139	3.9	----	30.7	15	1.3	----	.23	.10	1.3	29.0
8. Pulses and nuts	30	2.4	.5	4.0	7	.5	4	.05	.03	.3	----
9. Tomatoes and citrus fruit	4	.1	----	.8	3	----	82	----	----	.1	5.0
10. Other fruit	27	.3	----	6.6	8	.3	29	.01	.02	.2	1.9
11. Leafy, green, and yellow vegetables	19	1.5	----	3.2	43	.7	1,100	.07	.06	.5	37.2
12. Other vegetables	6	.3	----	1.3	13	.1	14	.01	.01	.1	4.9
13. Grain products	1,098	37.6	4.5	226.8	54	4.7	----	.49	.23	4.1	----
14. Beverages	33	.7	2.8	1.1	1	.5	1	----	.11	----	----
Total, all sources	2,823	82.5	113.1	368.4	699	12.8	3,598	1.35	1.58	13.0	83.2

TABLE 31.—*Nutrients available for civilian consumption per capita per day, United Kingdom, 1942*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	320	17.7	19.3	19.0	622	0.5	662	0.18	0.71	0.5	5.5
2. Meats	393	15.4	36.7	.2	11	3.5	644	.28	.31	5.3	----
3. Poultry, game, fish	29	4.3	1.3	----	17	.4	8	.02	.03	.8	----
4. Eggs and egg products	35	2.8	2.6	.2	13	.7	206	.03	.10	----	----
5. Fats and oils	451	.1	50.1	----	2	.1	782	----	----	----	----
6. Sugars and sirups	313	----	----	78.1	1	----	----	----	----	----	----
7. Potatoes	166	4.7	----	36.7	18	1.6	----	.28	.12	1.6	34.7
8. Pulses and nuts	25	2.2	.4	3.3	7	.4	3	.04	.03	.3	----
9. Tomatoes and citrus fruit	5	.2	----	1.1	5	.1	180	.01	.01	.1	6.7
10. Other fruit	38	.4	----	9.3	10	.4	40	.02	.04	.3	4.4
11. Leafy, green, and yellow vegetables	21	1.6	----	3.6	48	.8	1,257	.08	.07	.5	42.0
12. Other vegetables	6	.3	----	1.3	14	.1	14	.01	.01	.1	5.0
13. Grain products	1,050	36.7	6.5	211.0	67	6.5	----	.79	.42	4.5	----
14. Beverages	28	.7	2.5	.9	1	.5	1	----	.11	----	----
Total, all sources	2,880	87.1	119.4	364.7	836	15.6	3,797	1.74	1.96	14.0	98.3

TABLE 32.—*Nutrients available for civilian consumption per capita per day, United Kingdom, 1943*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	320	17.8	18.6	20.6	627	0.5	633	0.19	0.74	0.5	5.7
2. Meats	380	14.9	35.5	.2	11	3.3	645	.29	.30	5.1	----
3. Poultry, game, fish	30	4.4	1.3	----	18	.4	8	.02	.03	.8	----
4. Eggs and egg products	37	2.9	2.7	.2	14	.7	211	.03	.11	----	----
5. Fats and oils	430	.1	47.7	----	2	.1	765	----	----	----	----
6. Sugars and sirups	315	----	----	78.7	1	----	----	----	----	----	.2
7. Potatoes	180	5.1	----	39.7	19	1.7	----	.30	.13	1.7	37.5
8. Pulses and nuts	24	2.4	.3	3.0	9	.5	3	.04	.03	.2	----
9. Tomatoes and citrus fruits	5	.2	----	.9	3	.1	127	.01	.01	.1	5.5
10. Other fruit	32	.3	----	7.7	9	.3	34	.02	.03	.2	4.4
11. Leafy, green, and yellow vegetables	19	1.5	----	3.3	45	.7	1,169	.07	.06	.5	40.0
12. Other vegetables	7	.3	----	1.4	15	.1	30	.01	.01	.1	5.5
13. Grain products	1,062	35.6	7.3	213.6	255	7.2	----	.92	.49	5.2	----
14. Beverages	21	.5	1.8	.7	1	.3	----	----	.09	----	----
Total, all sources	2,862	86.0	115.2	370.0	1,029	15.9	3,625	1.90	2.03	14.4	98.8

TABLE 33.—*Nutrients available for civilian consumption per capita per day, United Kingdom, 1944*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	319	17.4	18.7	20.3	616	0.5	637	0.19	0.72	0.5	6.0
2. Meats	441	15.9	41.9	.3	12	3.2	785	.39	.35	5.9	----
3. Poultry, game, fish	33	4.9	1.5	----	20	.4	9	.02	.04	.9	----
4. Eggs and egg products	38	3.1	2.8	.2	15	.7	221	.03	.12	----	----
5. Fats and oils	436	.1	48.4	----	2	.1	781	----	----	----	----
6. Sugars and sirups	334	----	----	83.8	1	----	1	----	----	----	.2
7. Potatoes	201	5.7	----	44.4	22	1.9	----	.33	.15	1.9	41.9
8. Pulses and nuts	31	2.9	.7	3.3	11	.5	3	.05	.03	.4	----
9. Tomatoes and citrus fruit	7	.2	----	1.4	5	.1	116	.01	.01	.1	8.8
10. Other fruit	37	.3	----	8.8	10	.4	38	.01	.03	.2	3.5
11. Leafy, green, and yellow vegetables	20	1.6	----	3.5	47	.8	1,191	.08	.07	.5	41.7
12. Other vegetables	8	.4	----	1.6	17	.1	7	.01	.02	.2	6.2
13. Grain products	1,076	34.5	7.3	218.2	257	7.0	----	.89	.45	5.4	----
14. Beverages	26	.6	2.2	.8	1	.4	1	----	.10	----	----
Total, all sources	3,007	87.6	123.5	386.6	1,036	16.1	3,790	2.01	2.09	16.0	108.3

TABLE 34.—*Nutrients available for civilian consumption per capita per day, United Kingdom, January–June 1945*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	325	17.9	18.8	20.9	633	0.5	642	0.20	0.74	0.5	6.1
2. Meats	409	15.0	38.7	.2	11	2.9	600	.36	.31	5.5	----
3. Poultry, game, fish	33	5.0	1.5	----	20	.4	9	.02	.04	.9	----
4. Eggs and egg products	48	3.8	3.5	.3	18	.9	279	.04	.14	----	----
5. Fats and oils	423	.1	47.0	----	2	.1	767	----	----	----	----
6. Sugars and sirups	301	----	----	75.1	1	----	----	----	----	----	.2
7. Potatoes	187	5.3	----	41.3	20	1.8	----	.31	.14	1.8	39.0
8. Pulses and nuts	24	2.2	.3	2.9	8	.4	3	.04	.03	.3	----
9. Tomatoes and citrus fruit	9	.2	----	2.0	9	.1	66	.02	.01	.1	13.6
10. Other fruit	25	.2	----	6.0	7	.3	28	----	.01	.1	1.0
11. Leafy, green, and yellow vegetables	18	1.5	----	3.1	47	.7	1,008	.06	.07	.5	42.1
12. Other vegetables	7	.3	----	1.5	16	.1	17	.01	.02	.1	5.7
13. Grain products	1,065	35.5	7.1	214.6	243	5.2	----	.76	.23	4.8	----
14. Beverages	26	.6	2.3	.9	1	.4	1	----	.09	----	----
Total, all sources	2,900	87.6	119.2	368.8	1,036	13.8	3,420	1.82	1.83	14.6	107.7

TABLE 35.—*Nutrients available for civilian consumption per capita per day, United Kingdom, July–December 1945*

Item	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Calories	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*I. U.*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
1. Dairy products	323	17.8	18.7	21.0	632	0.6	636	0.20	0.75	0.5	6.1
2. Meats	347	14.2	32.2	.2	10	3.4	706	.26	.29	4.7	----
3. Poultry, game, fish	40	6.2	1.6	----	20	.5	10	.02	.05	1.0	----
4. Eggs and egg products	34	2.7	2.5	.2	13	.7	202	.03	.10	----	----
5. Fats and oils	408	.1	45.3	----	3	.1	864	----	----	----	----
6. Sugars and sirups	339	----	----	84.6	1	----	----	----	----	----	.1
7. Potatoes	209	5.9	----	46.1	23	2.0	----	.35	.15	2.0	43.5
8. Pulses and nuts	33	2.8	.6	4.0	9	.6	4	.05	.04	.4	----
9. Tomatoes and citrus fruit	7	.3	----	1.4	6	.1	203	.02	.01	.2	10.3
10. Other fruit	40	.4	----	9.8	11	.4	42	.02	.04	.3	4.8
11. Leafy, green, and yellow vegetables	21	1.7	----	3.6	44	.8	1,233	.09	.06	.5	38.1
12. Other vegetables	9	.4	----	1.8	19	.2	1	.01	.02	.2	6.8
13. Grain products	1,084	36.2	7.5	217.8	247	5.4	----	.78	.23	4.9	----
14. Beverages	30	.7	2.6	1.0	1	.5	1	----	.10	.1	----
Total, all sources	2,924	89.4	111.0	391.5	1,039	15.3	3,902	1.83	1.84	14.8	109.7

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